



JEN'S FURY!

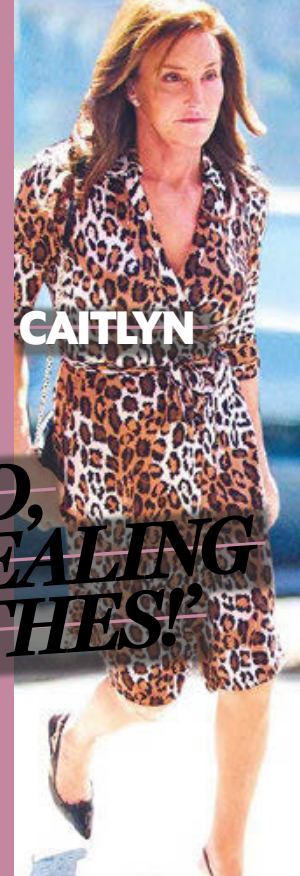
Justin caught up in cheating scandal

KATIE'S EX ATTACK

'I'll name & shame – then flee the UK!'



KIM



CAITLYN

13 July 2015 nowmagazine.co.uk

KIM: DAD, STOP STEALING MY CLOTHES!

NOW



SAMANTHA MUMBA
£4 healthy & happy diet plan



KIMBERLEY WALSH
'My flat tum workout'

HOT MAMMAS!

How we got our bodies back



CORRIE'S CATHERINE
'How I look like THIS 3 months after birth'



JURASSIC WORLD'S BRYCE
'I lost 5st & found my confidence'



52

DROP A SIZE SWIMWEAR



ONLY £13

TOP £25
SKIRT £29.50
BOTH M&S COLLECTION



SHOES £25
M&S COLLECTION

KNITTED TOP £22.50
TROUSERS £35
BOTH M&S COLLECTION



SHOP IN STORE | ONLINE | MOBILE APP

NEW COLLECTION

GO FOR BOLD

Dial up the heat in summer's hottest palette. From fiery reds to head-turning fuchsia, colour-block your favourite shades for a bold, bright and brilliantly sophisticated look, day or night.

ONLY
M&S



*Get more out
of summer.*
sip sip go



NEW
Caramel
Coffee Jelly

Java Chip



NEW
Lemon Vanilla



STARBUCKS®
frappuccino®
blended beverage

She's so Now

Life's rosy for Nicole

She's put her split with Lewis Hamilton behind her and now Nicole Scherzinger is back to her Schermazing self. Not only has she just won American talent show I Can Do That, she's also in talks to take Rita Ora's place on The

Voice. Could this be the perfect revenge on her former X Factor boss Simon Cowell? For more revenge stories, turn to p8. Enjoy the issue!

Sally x

Sally Eyden,
Content Director
Follow me on Twitter
@sallyeyden

Like us on
Facebook

facebook.com/NowMag

Follow us
on Twitter

twitter.com/nowmag

Be part of the story!

Feeling
Schermazing
again!

Inside this week

On the cover

- 8 Katie Price
- 26 Hot mamas:
Corrie's Catherine,
Kimberley Walsh,
Samantha Mumba,
Jurassic World's
Bryce and more!
- 31 Kim Kardashian
& Caitlyn Jenner
- 58 Drop-a-size swimwear

News & Features

- 6 Lovejuice
- 8 Revenge on their exes!
- 16 Fashmob
- 19 Need To Know Now!
- 22 Real life: Heroes of the
Tunisia beach massacre
- 33 Exact Match
- 35 Celeb mini-mes
- 37 Jennifer Aniston
- 37 Hollywood Now
- 41 Lucy Watson
- 42 4-page special:
Sexiest scenes ever!
- 47 Peter Wicks
- 48 Instapix of the week
- 51 Jake Quickenden

Instaglam

- 55 Instaglam opener
- 56 Her Style Your Way:
Jessica Wright
- 64 The big cover-up
- 66 Get Chloé's £2,400
dress for (a lot) less
- 69 Beauty: style on trial
- 71 The mane game
- 73 Celebrity beauty haul

Lifestyle

- 75 You & Improved
- 79 Oh. My. Bod:
Preeya Kalidas
- 81 Homes
- 83 Scopes

Entertainment

- 84 The Fix
- 89 Celebword
- 90 Whatever Happened
To: Chesney Hawkes

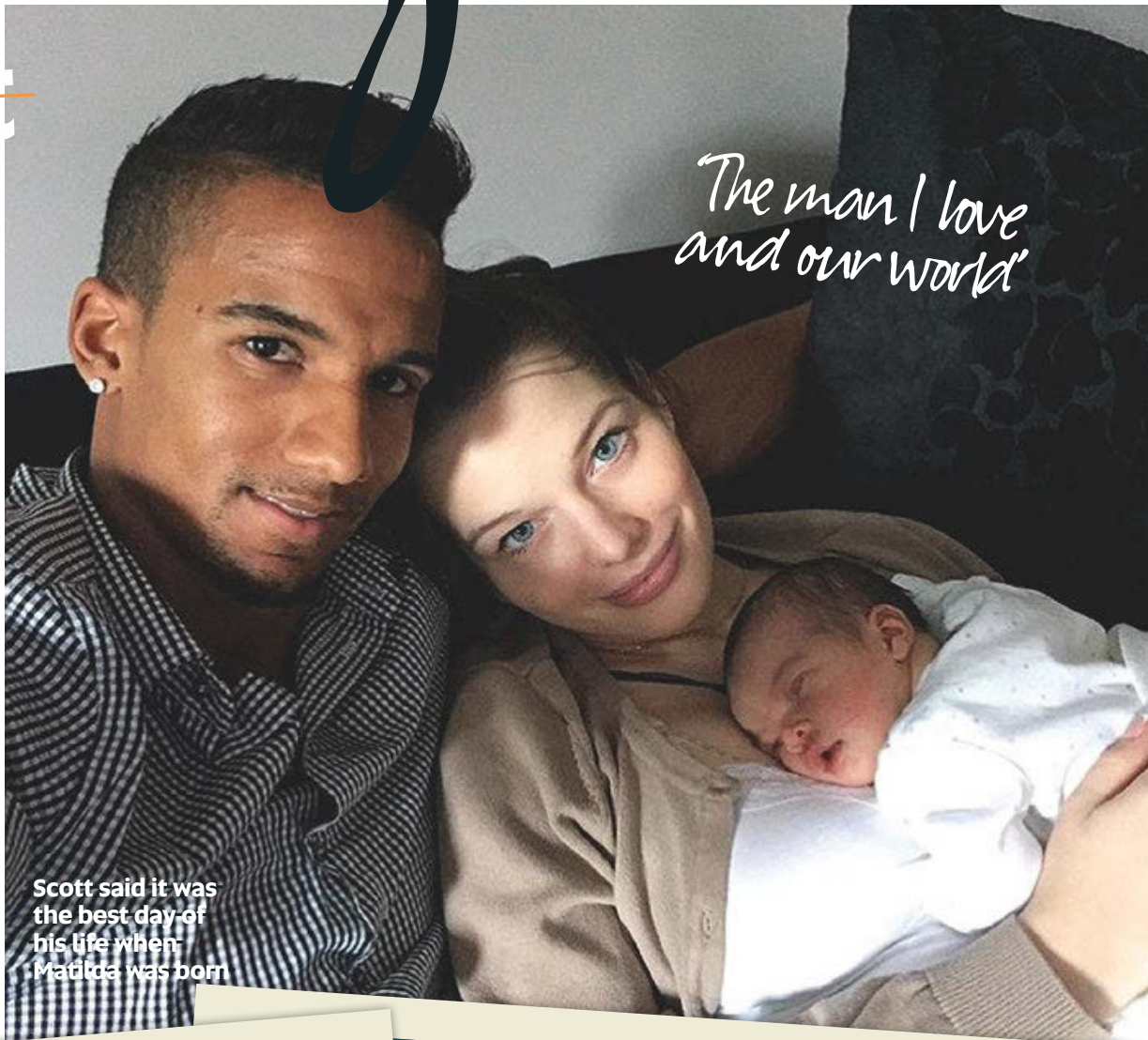
This week's **Love** *twice*

Who's **dating, mating** and **hating**

Helen Flanagan & Scott Sinclair

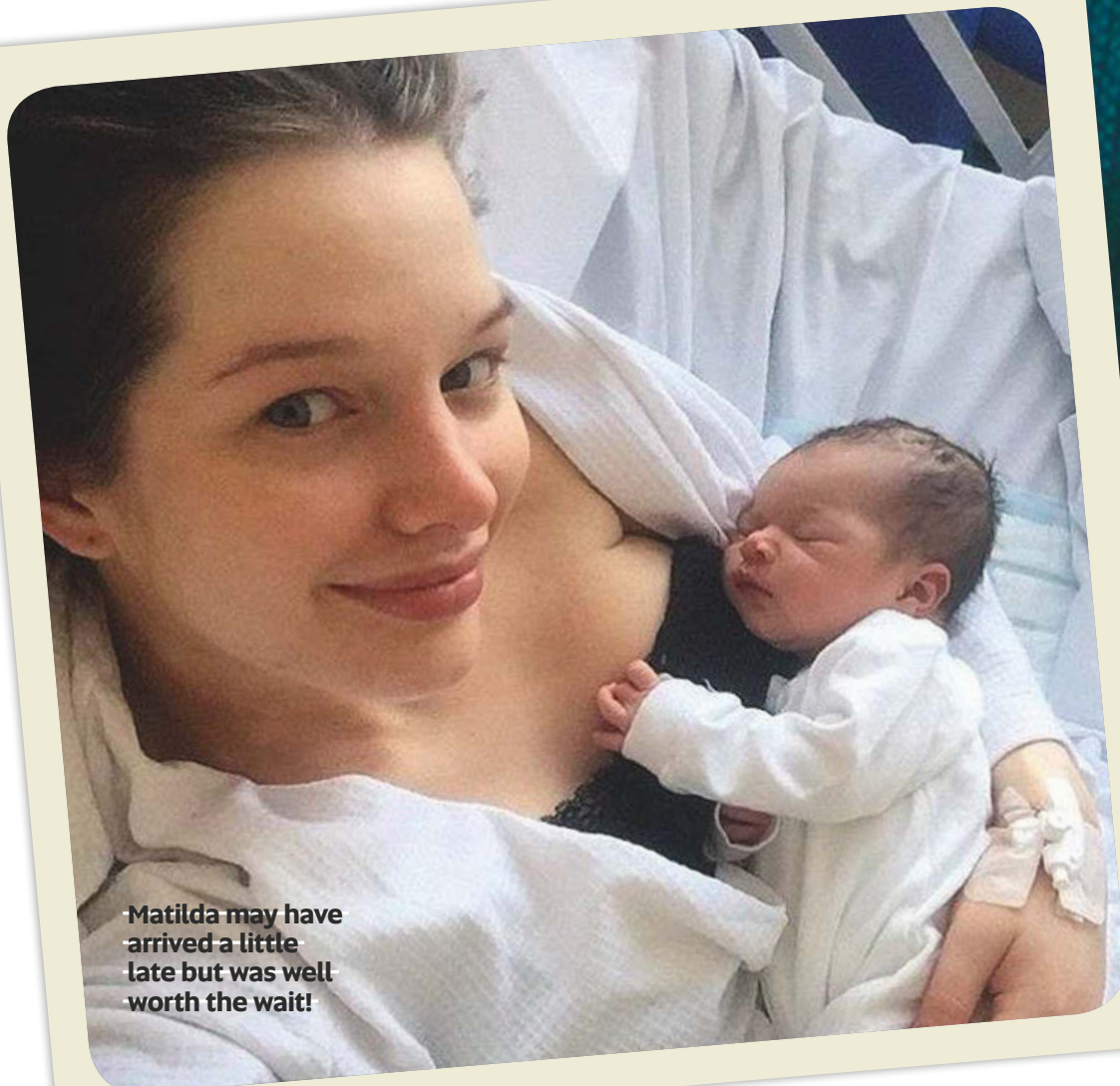
A fortnight after her due date, Helen, 24, finally welcomed her baby daughter Matilda Jessica into the world. Along with her 26-year-old footballer fella Scott – who she began dating in 2009 – the first-time mum took to social media to share Matilda's first selfie session shortly after the birth on 29 June. 'The man I love and our world,' the former Coronation Street star captioned the intimate snap of the doting daddy with his little girl, while Scott Tweeted it was the 'best day.'

Celebrities including Corrie's Catherine Tyldesley and Michelle Keegan have congratulated the couple on Twitter, with recently married Mich writing: 'Congratulations to Helen and Scott on the birth of their baby girl. Matilda is absolutely gorgeous, so happy for you both.' Maybe it'll be your turn next, Michelle?

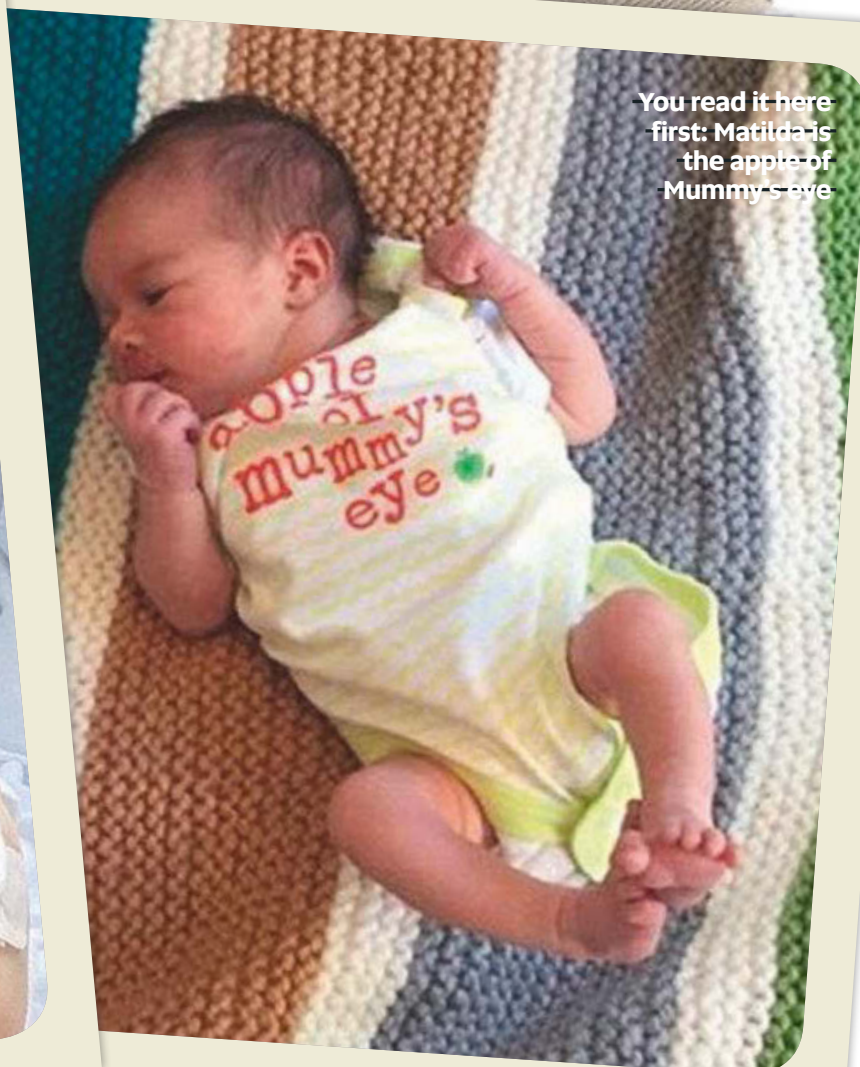


*The man I love
and our world'*

Scott said it was
the best day of
his life when
Matilda was born



Matilda may have
arrived a little
late but was well
worth the wait!



You read it here
first: Matilda is
the apple of
Mummy's eye

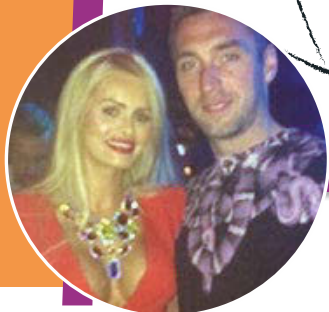
Caroline Flack & Jack Street

Ooh! X Factor presenter Caroline, 35, was spotted getting cosy again with her music manager ex Jack, 20, at Glastonbury after they split in December.



Allan McGregor & Leah Shevlin

After Hull City footballer Allan, 33, called off their wedding, Leah, 33, has been selling off her designer shoes on eBay.



LOVE ladder

Hotting up



Josh Hartnett & Tamsin Egerton

After four years of dating, Josh, 36, has confirmed he's expecting a baby with 26-year-old Tamsin. His rep said the pair are 'beyond thrilled'.



Dean Gaffney & Sarah Burge

He may be on his way back to Albert Square, but he's not so lucky in love. Dean, 37, has announced his split from long-term girlfriend Sarah.

Cooling off

Miley Cyrus & Stella Maxwell

After revealing she came out as bisexual at 14, Miley, 22, has gone public with her girlfriend Stella, 24. Although her mother feared Miley's sexuality would send her 'to hell', Stella's actually an angel – the Victoria's Secret model kind!



Did J-Lo & Ben Affleck

Ben Affleck & Jennifer Garner

After 10 years and three kids, Ben, 42, and Jen, 43, have sadly split up. And it's claimed Ben's ex Jennifer Lopez, 45, could be the reason why! 'Ben and J-Lo were pretty flirty at the Oscars and have stayed in touch via email,' claims a source. 'It's pretty inevitable they'll get back together.' Blimey!



Words: Joshua Fox. Photos: Rex, PA, Fameflynet, Getty

Dan Osborne & Jacqueline Jossa

Jac, 22, has been reaching out to new mums who may be suffering from postpartum hair loss like her – a common side effect of having a baby – telling them to 'embrace it' in an emotional post online alongside a selfie of her thinning hair. Meanwhile it looks like the wedding prep has started already as Jac sent fiancé Dan, 23, out to put his muscles to good use and stock up on nappies for their daughter Ella and er, teeth whitener.



Crush corner

JAMIE LAING, 26, & ALEX MYTTON, 24

It's true what they say: two really are better than one. Especially when it comes to semi-naked MIC boys strutting around at a festival. Looks like they misheard wellies for willies!



KATIE PRICE: 'I'll QUIT the UK once my book comes out!'

She's always said: 'Never underestimate the Pricey' and it's a phrase that now seems more apt than ever. Katie Price is preparing to wave goodbye to Blighty once her latest autobiography is released as it's set to contain explosive details of her past liaisons with well-known names in the showbiz industry.

Katie, 37, recently said: 'I think people are always shocked by what's happened to me. My next book is out in October and, oh my God, I think I'd better leave the country when it comes out.'

'There are lots of things in this one I left out of the last one. There are a couple of guys in there who've upset me so I think it's about time I tell the truth about them. They're household names. I'll be disappearing to the Maldives or somewhere where no one can see me once it's out.'

Katie's always remained tight-lipped over her dalliances with famous faces, so her past flings must be quaking in their boots at the thought of her finally lifting the lid. But it's not just her exes who'll be worried. In May 2014, Katie was devastated when she found out her husband Kieran Hayler, 28,

had cheated on her with her best friend Jane Pountney, 49. Pregnant with her fifth child, Katie initially took to Twitter to say she was ending her marriage. But soon after, she made a mysterious U-turn and revealed she was sticking by her man.

'All will be explained,' she said. 'Sometimes people deserve a chance and there are reasons why. Trust me, if it was one of my friends, I would've said: "What are you doing? Get rid of him." But nobody knows what has happened.'

There's so much to go in [my autobiography] that will definitely raise eyebrows.'

Katie added during a recent press call: 'It's weird because every time we say nothing can beat *this* book, they get better. Not that I should laugh though, because I have to go through the drama. It's amazing - these things happen in my life and I'm like: "Here we go again".'



Beans on way
she forgave love
rat hubby Kieran

~~IT'S~~
~~TIME~~
~~I TOLD~~
~~THE~~
~~TRUTH~~

REVENGE

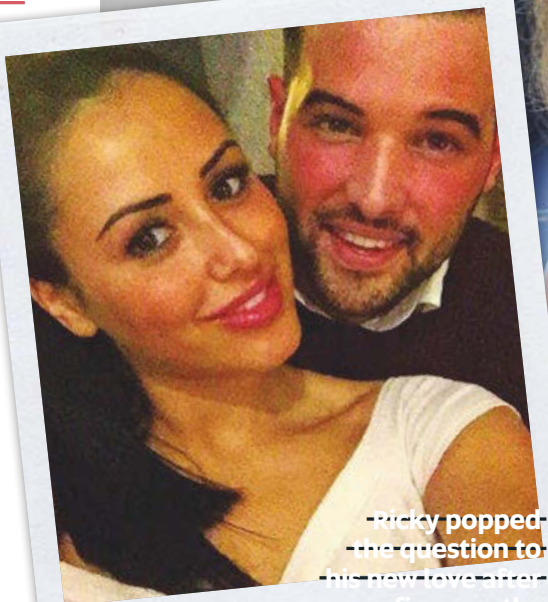
JESS WRIGHT:

'Ricky & Marnie WON'T LAST'

Since her bitter split with Ricky Rayment was played out for all to see on TOWIE in November, Jessica Wright hasn't looked back. Looking as glamorous as ever as she stepped out last week at the Magic Mike XXL premiere, Jess appeared unfazed by the news that Ricky, 24, had popped the question to 23-year-old Geordie Shore star Marnie Simpson.

In fact, friends of Jess, 29, tell Now that she finds the entire situation a joke and firmly believes it's a disaster waiting to happen. A source reveals: 'Jess and the rest of the Wright family think it's hilarious. The way they see it, Ricky's a joke.'

'He's been flaunting his romance with Marnie in Jess's face on social media and now he's done this. She's been saying: "Good luck to him!" laughing her head off, telling friends it's never going to last and that Ricky doesn't have a clue what he wants,' says our source. 'At first Jess was a bit



Ricky popped the question to his new love after five months

'IT'S A BLOW THAT HE'S MOVED ON SO FAST'

shocked by the news – after all, Ricky had told Jess he was in love with her and wanted to marry her and have kids – and look how that turned out. Just seven months later, he's telling someone else the same thing.

'Jess knows that she and Ricky weren't right, but it's still a pretty cruel blow that he's

moved on so quickly.'

But Jess – who dated Ricky for two years before their split – is refusing to let his engagement get her down, and has been taking revenge with her own hot new romances. After a brief fling with TOWIE's Dan Edgar, she's now getting flirty with show newbie Peter Wicks. Ooh-er!



Jess Wright

GET ON THEIR EXES!

Old flames beware. This lot are getting their own back



BE KIND *— to your —* SKIN



Shop 24/7 @ [wilko.com](https://www.wilko.com)

Products available in selected stores and on-line, subject to availability. Please check with your store in advance to avoid disappointment.

Where
there's a **wilko**
there's a way

Dramz as usual in the world's most famous family



KHLOE KARDASHIAN

Disowns Scott after cheating claims

When photos emerged of star Scott Disick being punched in the face by a woman who looks identical to his sister-in-law Khloé Kardashian, we thought he'd been read the riot act after rumours he's cheated on partner Kourtney, 36 – and unfounded speculations he fathered a love child after a drunken night out.

Although the pics turned out to have been taken while he was filming YouTube soap opera *Youthful Daze*, Now has learnt that Scott, 32, is in the doghouse and *all* the Kardashian sisters are freezing him out – even his previously loyal supporter Khloé.

A source revealed: 'Khloé despises the way Scott's been acting towards Kourtney. She was on his side for the longest time, telling Kourt to hang in there because he loves her and is a family guy deep down. But lately his behaviour's been absolutely despicable.'

It all follows reports on

17 June that Scott was holed up in a New York hotel with a bevy of women for four days. At the time, Kourtney posted on Instagram: 'And this is the part where you find out who you are.'

Last week, Scott was pictured looking very close to ex-girlfriend Chloe Bartoli while holidaying in the south of France. Touching her back and apparently holding hands, Scott looked as though he didn't have a care in the world.

There've also been rumours of drug and booze-fuelled nights

out. Scott was rushed to hospital in November and his former manager and long-time friend David Weintraub has claimed it was due to a combination of booze, cocaine and Xanax. David said: 'His body couldn't handle it and it shut down. He's totally at the point where he could kill himself.'

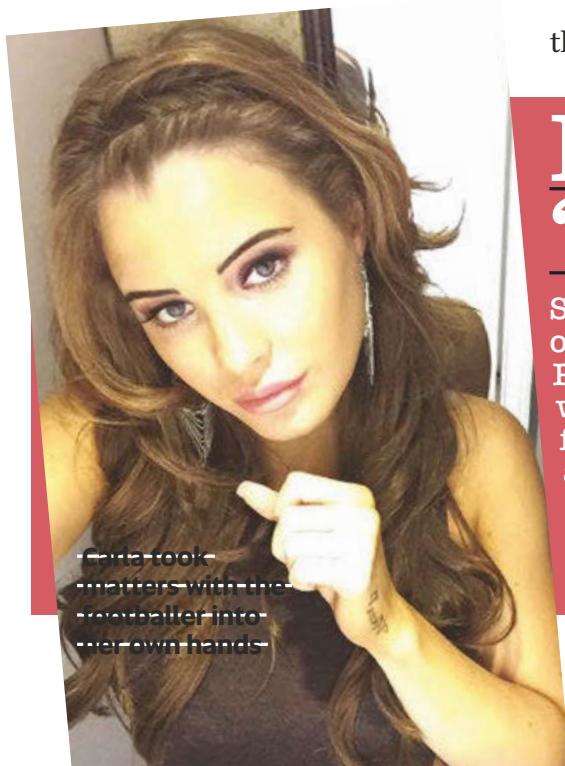
It isn't the first

time Scott's flirty behaviour has been called into question. In 2011, he and Kourt flew to New York – but when Kourtney went home without him, things turned raucous.

He was pictured surrounded by scantily clad girls on a visit to Tens strip club, where he's said to have stayed in a private room until 4am.



Scott has been together for nine years



Carla took matters with the footballer into her own hands

Playboy model 'punches' Ashley

Scott may not be the only one who's faced fists of fury. Playboy model Carla Howe, whose twin Melissa had a fling with Ashley Cole after his split from Cheryl, seems to have taken revenge into her own hands after she claims to

have 'punched' him on a night out. Carla, 25, says she hit the footballer, 34, three times in the jaw, Tweeting that she did it because 'he's an arsehole who thinks he can treat women like dirt'.





©2015 Kellogg Company

LET
SPECIAL K
SURPRISE
YOU
TODAY

Discover our range in store.



Tem Dalya



AMY WILLERTON: 'Joey wanted a FAKE romance. It hurt me so much'

She's now loved-up with dishy millionaire Rob Gough and lives in California. But as 22-year-old model Amy parties with Rob, 30, and bezzie mates Vogue Williams and Nadia Forde at the Lipsy Spray Party at Ocean Beach in Ibiza, she tells us things were very different 18 months ago when she was dating Joey Essex, 24...

You look so happy Amy! How did you meet Rob?

In Vegas. We had our first date at the fake Eiffel Tower after a Calvin Harris concert. We clicked instantly. He's had bone cancer so he's very appreciative of everything. I've always been someone who lives every day to the max, too, so we're super-happy! I feel like me again.

Didn't you feel that way before?

When I first started getting into the media world, I felt pressure from people who told me I needed to do this or that, or who didn't like the way I dressed. I'm used to being judged because I've done model pageants and thought this would be the same, but it wasn't.

Do you think dating Joey put extra pressure on you?

To be honest, that was a horrible experience. If someone says to you: 'Hey, let's be in a fake

relationship!' you're like: 'No, that's not what I want!' I didn't even know that kind of thing went on.

So what did you say?

I said: 'No, you can take me on a date.' We'd been friends until then but suddenly he wanted more. I remember people saying we could be managed as a couple and when I said: 'No, I want to do my own thing,' he stopped talking to me, just like that. It took a long time to get over it because it hurt me so much. I thought he liked me. I spent Christmas sobbing into my pillow. Looking back, I feel so silly.

Do you still speak to Joey?

No. Afterwards he texted me saying: 'Hey, do you forgive me?' and I was like: 'Yeah, it's fine, I understand.' But when you do things like that, your whole life becomes your career – and when your career's over

you've ruined your life for the sake of being famous. What's the point?

● Now contacted Joey's rep, but had no reply at the time of going to press.



--- model met
--- ex Joey in the
--- A Celebrity
--- single in 2015

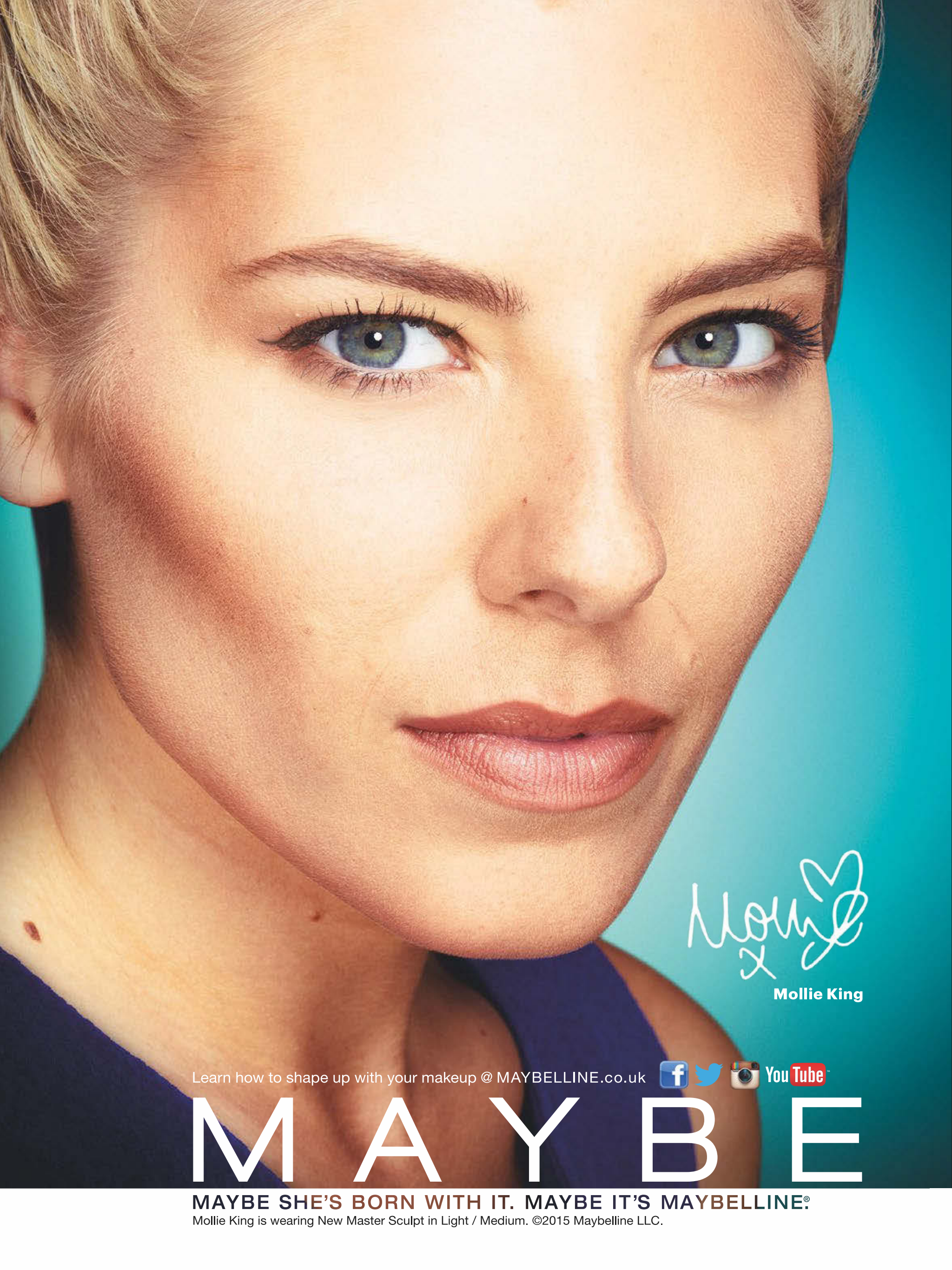


Amy's much happier with new man Rob



I WAS SOBBING INTO MY PILLOW

REVENGE



Mollie

Mollie King

Learn how to shape up with your makeup @ MAYBELLINE.co.uk



MAYBE

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE®

Mollie King is wearing New Master Sculpt in Light / Medium. ©2015 Maybelline LLC.



SCULPT. RESHAPE. DEFINE.
**SHAPE UP
WITH YOUR MAKEUP.**

NEW

MASTER SCULPT CONTOURING PALETTE

SHAPE THE LOOK OF YOUR FACE IN 3 EASY STEPS

Step 1: Contour to define cheeks, nose, forehead.

Step 2: Highlight cheekbones, bridge of nose.

Step 3: Blend, blend, blend for your perfect shape.

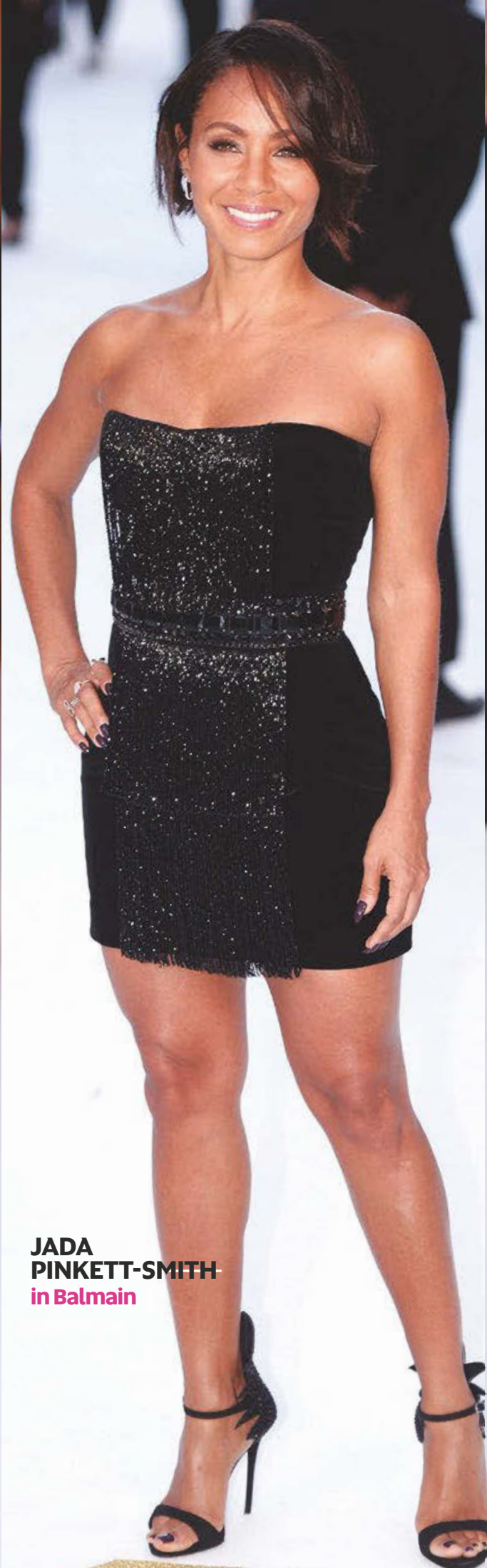
Available in 2 shades.



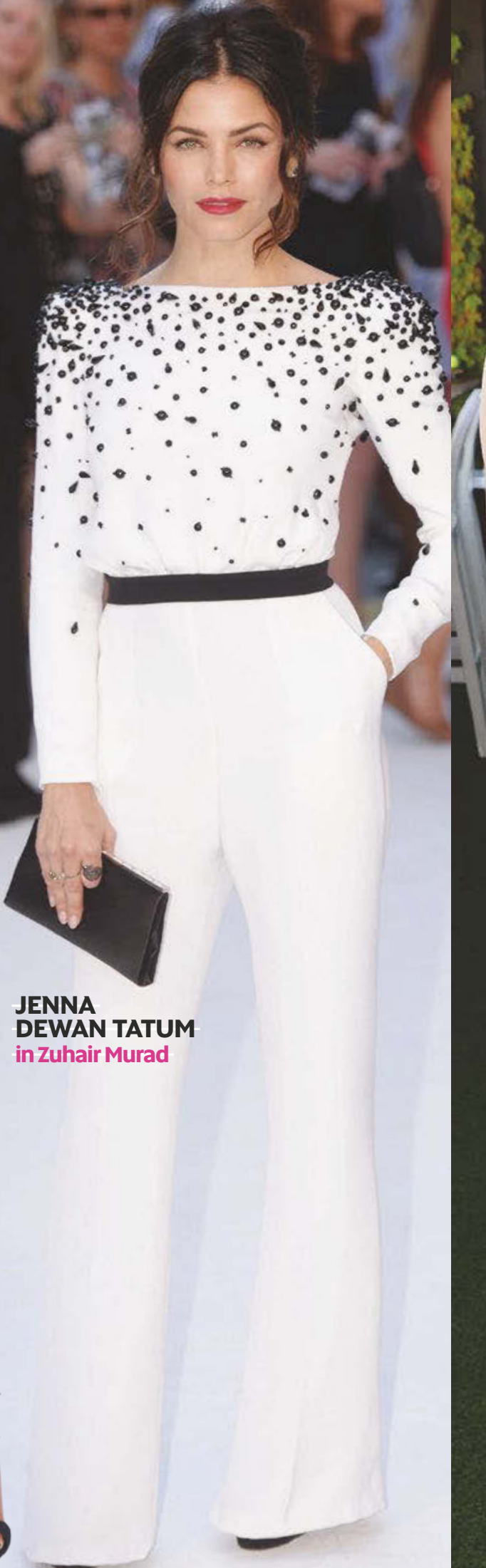
L L I N E[®]
N E W Y O R K



LAUREN POPE
in Jero, £85



JADA PINKETT-SMITH
in Balmain



JENNA DEWAN TATUM
in Zuhair Murad

FASH*mob*



EMMA WILLIS
in Kenzo



UNA FODEN
in AX Paris, £30

The red carpets they rocked, the designers they shopped!



TEAR-IT-OUT
STYLE

Celeb shopping selfies

Check out what the stars have been shopping 'n' sharing.



Nicola Roberts
in Jeans for Genes



£20
JEANSFOR
GENESDAY.ORG

Bip Ling
in Kuccia



£65
KUCCIA.COM



Daisy Lowe
in Glamorous



£45
GLAMOROUS

£38
GLAMOROUS

For this week's 'hots & nots',
click on to nowmagazine.co.uk

Words and styling: Sarah Bradbury. Photos: PA



We're making the Happy Meal® fruitier

We know that getting kids to eat their 5-a-day can be a bit of a challenge. So to make things easier, whenever you buy a Happy Meal®, you can now add a Fruit Bag for just 49p.

Fruit varies. From 10.30am. Subject to availability.

NEED TO **Know** NOW!

All the news, none of the snooze



Your turn with
the pole, Mark!



Posh & Becks 2.0

WHEN 2 BECOME 1

There's something about Cambridge that celebrity couples can't seem to get enough of – must be in the water! Michelle Keegan and Mark Wright have been spotted punting on the city's river Cam – just like David and Victoria Beckham, who did the same in May.

It isn't the first time that Mark and Michelle have shown similarities to Posh and Becks. Mark, 28,

posted a black and white pic in his pants that could've been mistaken for those H&M ads of David in his underwear, while Michelle, 28, definitely has a touch of the Posh about her.

Both couples went for lavish wedding ceremonies – although Mark and Michelle decided to give those iconic thrones a miss. So are the newlyweds becoming celebland's hot new power couple?

Transformations



From high street
to high end



One of the things we love most about The X Factor – apart from the impressive and not-so-impressive vocals – is the makeovers before the live shows. But for some contestants, the transformation continues long after their time on the show ends. When Cher Lloyd first appeared on our screens in 2010, she was all about the gold bling and ripped jeans, but since then the 21-year-old's had an LA restyling worthy of her former mentor Cheryl Fernandez-Versini and sports

a sleeker, more sophisticated look.

It's not just the girls, though. Jahméne Douglas has swapped his clean-cut, smart-suited look from when he reached the show's final in 2012 for luscious curls and some pretty fierce eyebrows. The 24-year-old former Asda employee is currently working on the follow-up to his debut album Love Never Fails. Looking good there, Jahméne!



TURN FOR MORE ➡

TESCO

Every little helps

Cometh the hour, cometh the delivery man.

Have more time in the sun this summer, with one-hour grocery delivery slots from £1. Find out more at [tesco.com/groceries](https://www.tesco.com/groceries)



£1 delivery slots available at selected times only, subject to availability. Minimum basket charge applies to orders under £25.

TOWIE news

Sexy selfie

In the world of TOWIE, love is never plain sailing – and on-off couple Chloe Lewis and Jake Hall have already had more than their fair share of ups and downs. So much so, in fact, that co-star Vas Morgan last week suggested that they've called it a day for good. But Chloe, 24, certainly hasn't held back from letting Jake, also 24, know what he'd be missing out on, posting this sizzling hot bikini selfie. So is it really all finished between them? Over to you, Jake...



Plenty of fish out there, Chloe!



Jake and Chloe have had their highs and lows



Jordi and his former Overload Generation bandmates

X FACTOR CAMEO

Step aside people, there's a new boy in TOWIE town! And you may just recognise him, as he's former X Factor contestant Jordi Whitworth. The 20-year-old Essex lad, who was spotted in the background of the show, was part of boy band Overload Generation, who were voted off in the first live finals show last year.

But fear not! Jordi has now bagged

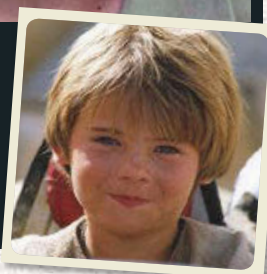
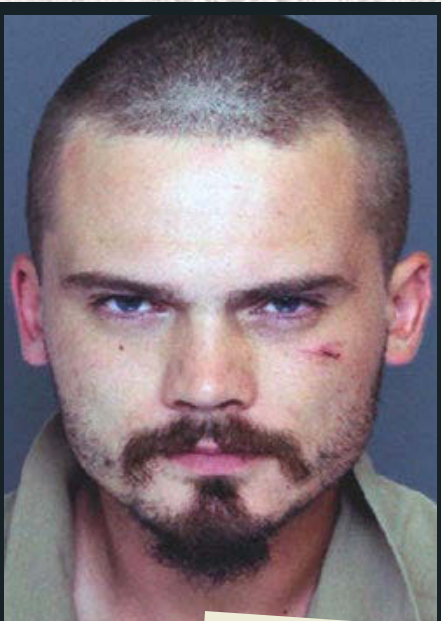


himself a spot as a recurring extra on TOWIE and it seems his old boy band fans haven't deserted him either – they went into meltdown on social media after they spotted him. We say give him a bigger role!

Car wars

Anakin turns to the dark side

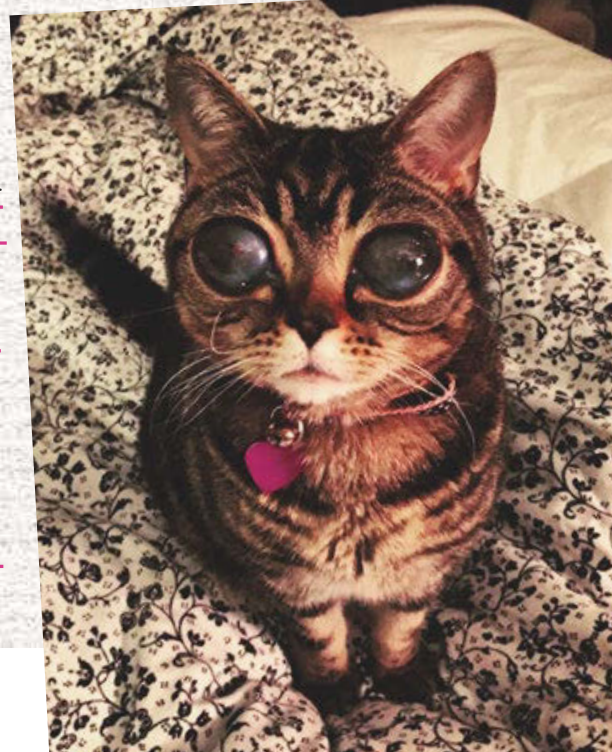
Remember the innocent-looking youngster who played Anakin Skywalker in Star Wars: Episode I – The Phantom Menace back in 1999? Well, now Jake Lloyd is 26 – and not so clean-cut any more. Jake, who quit acting in 2005, was charged with reckless driving and evading police after a dramatic 25-mile pursuit in South Carolina, during which he reached speeds of 100mph. The chase ending with him crashing into a tree.



Hello kitty!

MATILDA'S MYSTERIOUS EYES

We all know the internet LOVES a feline friend – and Matilda the tabby cat has gained more than 40,000 Instagram followers due to her alien-like eyeballs. Her owners, known as 'The Bearded Man' and 'The Lady' got her from a rescue shelter and say she has a genetic disorder that means the lens in her right eye has detached. Despite being blind, Matilda's owners say her life is 'pretty chill'. Aww.





Chloe confronted the PM about his plans to deal with terrorism following her mum's death



Heroes standing up to hate

The victims of the Tunisian atrocity have demonstrated true bravery

As the 30 British victims of the Tunisian terror attack are laid to rest, stories of incredible humanity and heroism have emerged from the horror. ISIS gunman Seifeddine Rezgui, 23, hid an AK47 assault rifle in a parasol to bring bloodshed to the Sousse holiday resort on 26 June. His 120 bullets and three grenades tragically killed 38 people in a 47-minute rampage before a police sniper finally killed him, too.

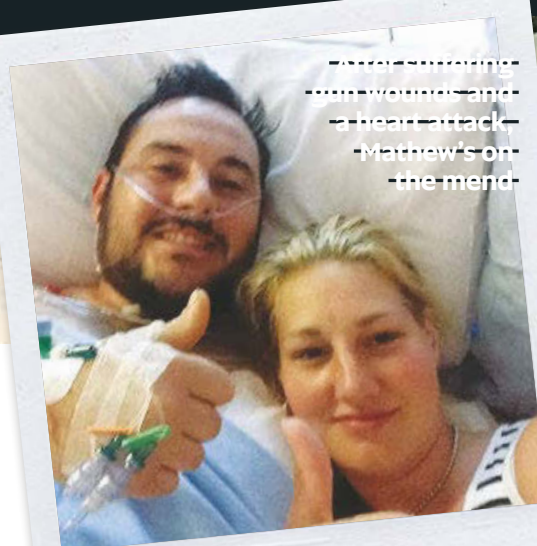
Behind the devastating death toll lie stories of great strength, defiance and determination. Hours after hearing confirmation of her mum's death, Chloe Fulford demanded answers and action from Prime Minister David Cameron. Mother of two Chloe, whose partner Marc Albrighton plays for Leicester City FC, had launched a social media plea for news of her mum Sue Davey, but after more than 24 hours found out the worst news.

Sue, 44, from Tamworth, Staffs, had chosen Tunisia as a place to relax after buying a

home with her partner Scott Chalkey, 43. But two days after arriving, the couple were murdered as they sunbathed.

In a series of brave Tweets to David Cameron, Chloe, 24, said: 'Hi David, my mom Sue Davey was one of the people killed in Tunisia. Our family is completely heartbroken as you can imagine. I just need one question answering. What are we doing to prevent this happening again? My mum deserves an answer.'

Here, we tell the moving stories of courage and kindness amid the Tunisian beach carnage.



'My fiancé took three bullets to save me'

Saera Wilson's fiancé Mathew James, 30, used his body to shield her from the hail of bullets. Saera, 26, said: 'I owe Mathew my life. He was covered in blood but he told

me to run away. He said: "I love you babe. Just go tell our children that their dad loves them." It was the bravest thing I've known.'

Mathew, a gas engineer, was shot in the shoulder, chest and pelvis. Lying injured, he held the hand of an elderly man who lay dying next to him. Saera endured a two-hour wait before she heard Mathew was alive.

The couple from Pontypridd, Wales, have two children and are due to marry in 2017. Sara says: 'We'll be the luckiest people alive because we've witnessed what no one should ever see.'

'Our love is more important than their hate'

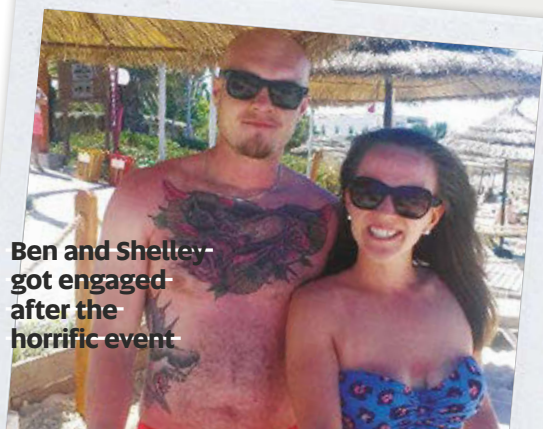
Cardiff couple Shelley Hay and Ben Milton were relaxing in the sun as Shelley celebrated her

25th birthday, with Ben planning to propose. But their peace was shattered by the sound of gunfire.

Shelley said: 'I turned and ran straight towards Ben, just to make sure we were together. We just ran.' Ben, 24, said: 'I grabbed the bag because the ring was in it.'

Ben, a civil servant, was determined not to

let the atrocity ruin his plans and, after dinner that night, he popped the question. He said: 'First I thought: "I'm going to have to leave it until we get home." But as the day went on I thought: "Screw them - they're not going to stop us." Our love is more important than the terrorists' hate.'



Ben and Shelley got engaged after the horrific event



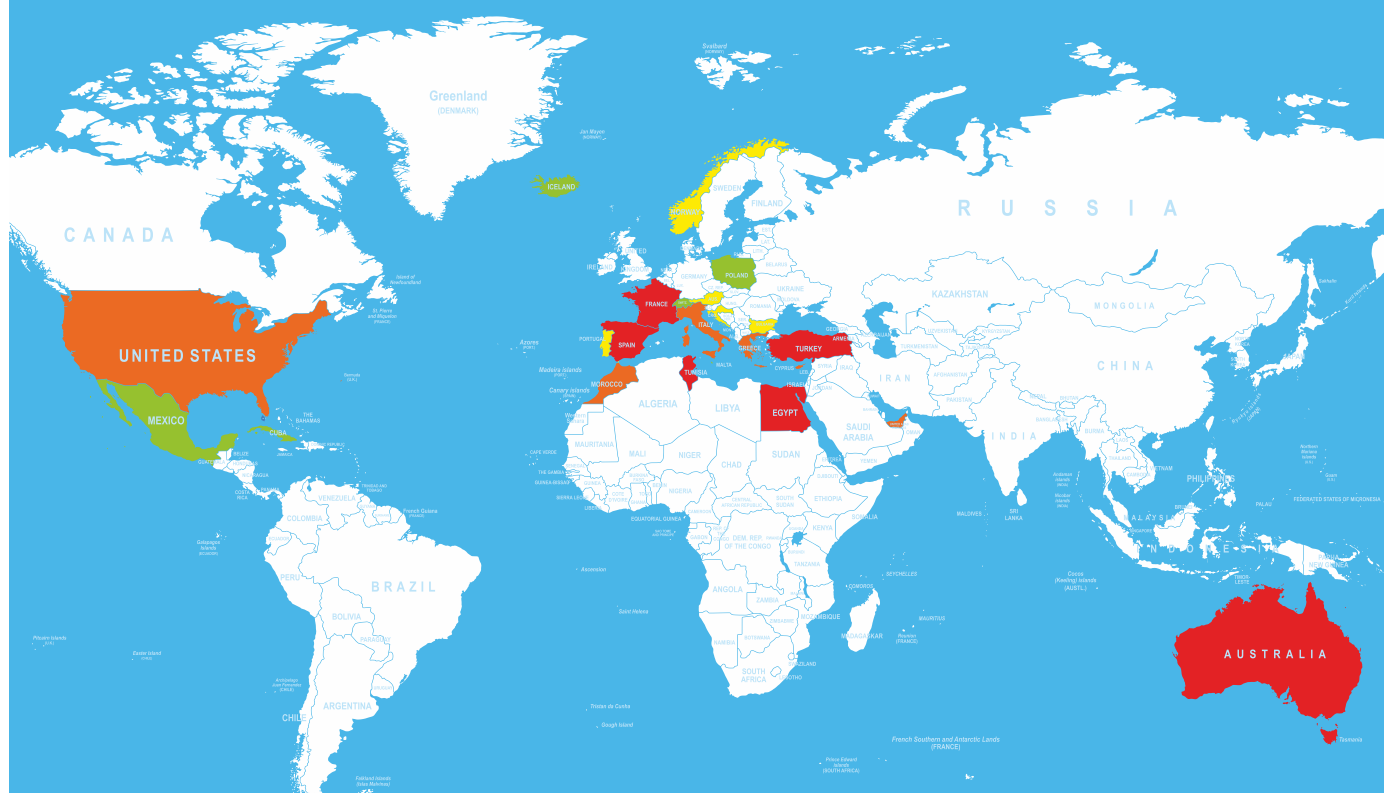
TUNISIAN
TERROR**BEACH
MURDERS**

Brave staff of the nearby hotels tried to stop the gunman by forming a barrier between him and the tourists.

**‘He lost loved ones but was found helping someone else’**

Owen Richards, 16, selflessly went to the aid of an injured woman as three members of his family lay dead in the sand beside him. Medics found him shaking and crying on a grassy verge near the beach, trying to comfort a woman with a bullet wound.

Owen, from Wednesbury, West Midlands, was so close to the gunfire it had left him temporarily deafened in one ear. His mum Suzanne, 46, flew to Tunisia to comfort her son. ‘Nothing will ever be normal again,’ she said.

**HOW SAFE IS YOUR HOLIDAY?**

Thousands of travellers have cancelled and changed holiday plans since the terrorist attack in Tunisia. The UK government and security services class some countries as having a high risk of terrorism, but not all areas of the country are deemed unsafe.

For advice about all destinations and their risks of terrorism, visit gov.uk/foreign-travel-advice

- HIGH RISK** Australia, Egypt, France, Spain, Tunisia, Turkey
- GENERAL THREAT** Cyprus, Greece, Italy, Morocco, United Arab Emirates, USA
- UNDERLYING THREAT** Austria, Bulgaria, Croatia, Gibraltar, Norway, Portugal
- LOW RISK** Cuba, Iceland, Malta, Mexico, Poland, Switzerland

I'm NOT a BLONDe, I'm NOT a BRUNette
I'm A BRONDe

Jennifer Lopez.

Don't forget to be colour safe
becoloursafe.com



SEXIER THAN A BLONDE
SPICIER THAN A BRUNETTE
THIS SEASON'S STAR LOOK IS HERE.

BECAUSE YOU'RE WORTH IT.

IN
ONE
STROKE
WITH THIS
BRUSH



Préférence

GLAM **BRONDE**

OUR FIRST GLAM BRONDE KIT AT HOME

- EASY TO APPLY WITH THE EXPERT BRUSH.
- ONE STEP LIGHTENING.
- SUBTLY BLENDED, REFINED GOLDEN TONES.

DARE TO #GOBRONDE

L'ORÉAL
PARIS

Revealed!

THE NEW #MUMBODS

How these celebrity mums got their bodies back the healthy way



KOURTNEY KARDASHIAN, 36

GAVE BIRTH: To her third child, son Reign, seven months ago.

HOW SHE GOT BACK IN SHAPE: Kourtney lost a stone by eating 'little meals throughout the day'. 'It's a fine balance between exercising and eating enough,' she adds. 'Exercise is a positive thing. Everyone should try to do it.'

There was a time when new mums were reluctant to show off their bodies, opting to cover up with loose-fitting clothes. But a new wave of confidence, labelled #mumbods, has taken social media by storm after US mum Rachel Hollis's snap of her post-birth bikini bod – complete with killer curves – went viral. We look at the stars rocking a stunning figure months after giving birth.



CATHERINE TYLDESLEY, 31
'It's all about balance'

GAVE BIRTH: Three months ago to her first baby, a son called Alfie.

HOW SHE GOT BACK IN SHAPE:

The Corrie star says: 'I've lost a stone of baby weight so far, with a stone still to lose. I'd like to say it's dropping off – it's not. It's bloody hard work!' She puts her toned bod down to lots of exercise, admitting: 'While on holiday, I did a combination of swimming and weight training with the occasional beach run. I live on fish and greens most of the week with a couple of cheat meals – like I always say, it's all about balance.'



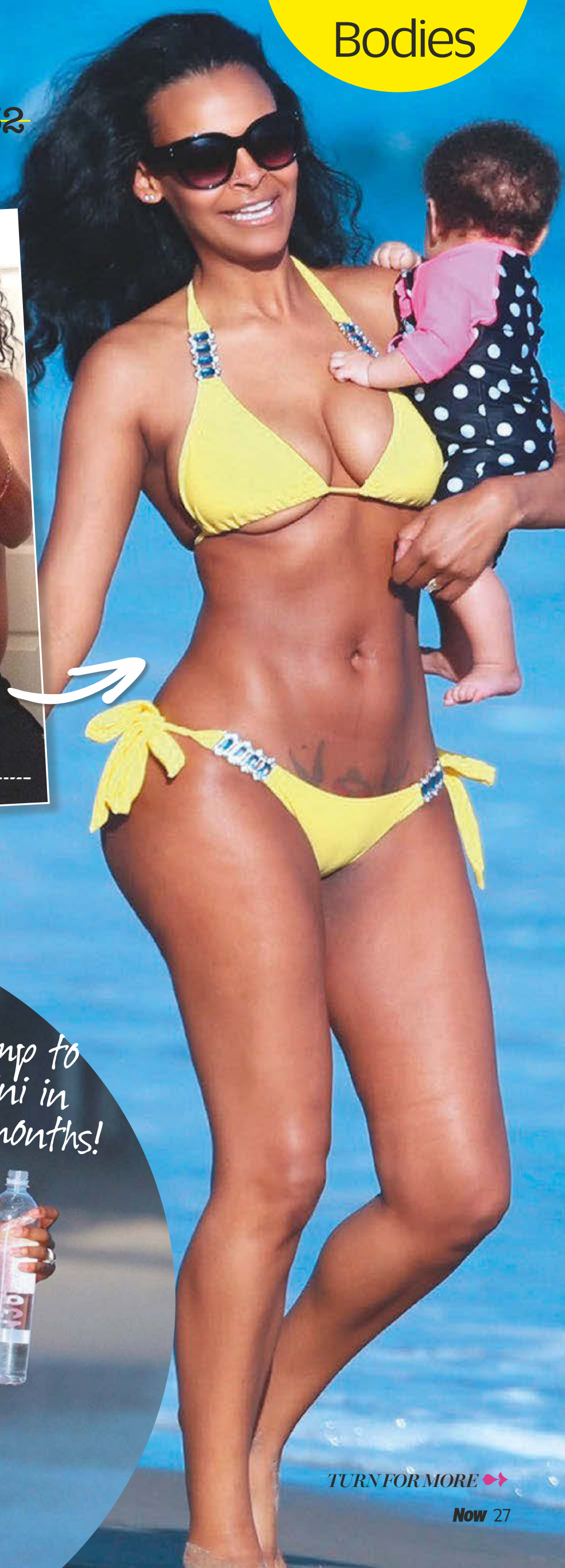
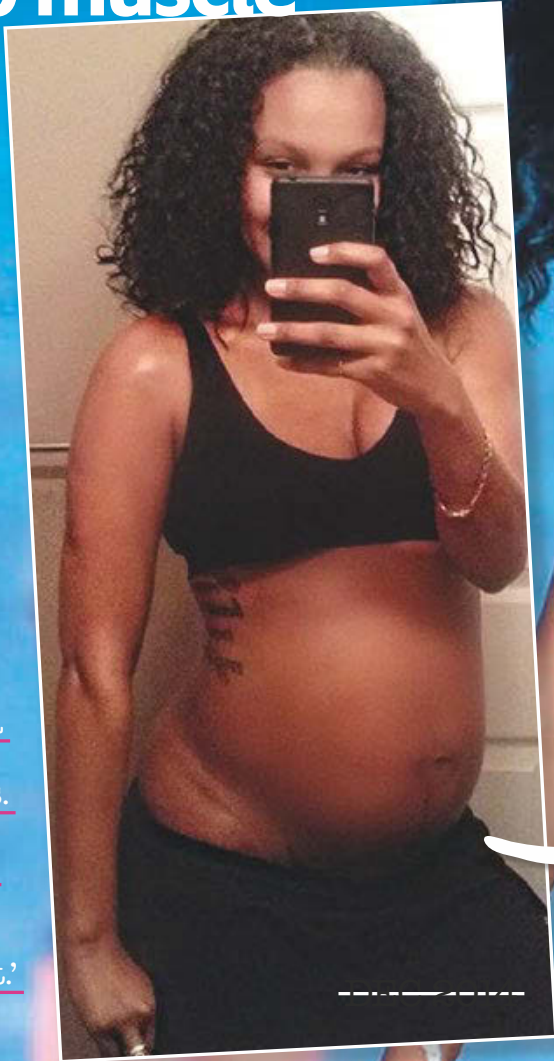
SAMANTHA MUMBA, 32 Lifts weights to build up muscle

GAVE BIRTH:

Four months ago to her first child, daughter Sage.

HOW SHE GOT BACK IN SHAPE:

Singer Samantha says: 'I hadn't been overly keen on doing circuits on my own. But I've learnt new things from my trainer, like getting into a push-up stance with your legs wide and how lifting weights is a good way to work your back muscles. The thing about my trainer is that she will push me. She's very strict with me, but sweet.' Sam's also been on a healthy diet with Dublin-based company Chopped. Her favourite is the £4 300-calorie Grilled Asian Spiced Chicken salad.



Sam sizzled on the beach in Florida during Sage's first holiday this month

Bump to bikini in four months!



TURN FOR MORE ➡



KIM WALSLEY, 33

Easy workout plan

GAVE BIRTH: To her first child, a son called Bobby, 10 months ago.
HOW SHE GOT BACK IN SHAPE: 'It didn't just ping back – it's been 10 months,' says Kim. 'I feel like I gradually keep losing weight and now I'm just about back to my normal size. I breastfed for six months and I think that really helped. I do a lot of weights and squats – nothing too crazy. I do little cardio intervals. I'm not good at running – I just find that so boring – but if it's varied I can do it. I do 100 squats, a mini interval, then sit-ups.'



Back to a size 10 in five months!



JAN 2015

JACQUELINE JOSSA, 22 Focusing on baby

GAVE BIRTH: Five months ago to her first child, daughter Ella.
HOW SHE GOT BACK IN SHAPE: Jacqueline's taken a more laid-back approach to slimming down after her

pregnancy. 'I've done nothing – I haven't done anything!' Jacqueline admits. 'I haven't been concentrating on it. I don't think you should if you've just had a baby.' Well, it sure works!

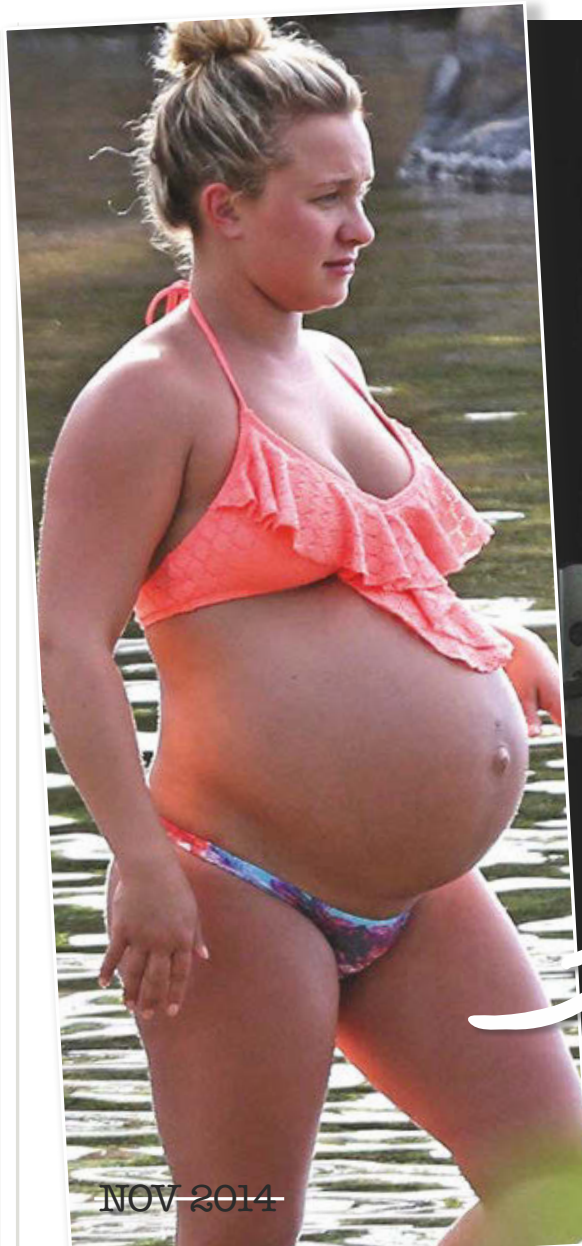


MAY 2012

BRYCE DALLAS HOWARD

'I had a li help from my friend'

GAVE BIRTH: In January 2012, to her second child Beatrice.
HOW SHE GOT BACK IN SHAPE: Bryce credits her weight loss and newfound body confidence to a reward system fitness 'club' she created with friends after she suffered postnatal depression during her first pregnancy, saying: 'I felt I was a rotten mother. Every time I looked at my son I wanted to disappear.'



NOV 2014

HAYDEN PATE, 25 Daily walks



GAVE BIRTH: Seven months ago to her first child, a daughter named Kaya.
HOW SHE GOT BACK IN SHAPE: Hayden started with 10-minute walks every day, but plans on building up slowly to a daily 30-minute workout. During her pregnancy she revealed: 'I'm still quite muscular, so if you're

running around carrying 40lb of extra weight you're going to build extra muscle.' She added: 'I'm 5ft 2in and I started out at 7st 8lb and guess how much I weigh now? Around 10st 5lb. The worst part is my feet are still size 5 and they're going: "What's going on with all this weight?" They're about to snap from underneath me.'

So what do the experts say?

Here's what makes a healthy yummy mummy



Sasha Miller, International Managing Editor of BabyCentre (babycentre.co.uk) says: 'After becoming a mum, a woman needs at least a couple of months

to recover from the actual childbirth before she starts worrying about losing the baby weight. Most midwives

wouldn't recommend trying to lose weight until after the postnatal check, which usually takes place about six weeks after the birth.

'The recommendation from BabyCentre's expert dieticians is that losing between 0.5kg and 1kg (1lb to 2lb) a week shouldn't affect the quality or supply of a mother's breast-milk production or her baby's growth. Losing weight sensibly and gradually will also make it more likely to stay off in the long run.'

WHATEVER MAKES YOU HAPPY

We've changed our packs and added easy-to-read, colour coded nutrition labels. So now it's easier to choose the best *Coca-Cola* for you and your family.



choose happiness®



330ml				
Energy	Fat	Saturates	Sugars	Salt
594kJ 139kcal	0g	0g	35g	0g
7%*	0%*	0%*	39%*	0%*

100ml: 180kJ/42kcal



330ml				
Energy	Fat	Saturates	Sugars	Salt
373kJ 89kcal	0g	0g	22g	0g
4%*	0%*	0%*	25%*	0%*

100ml: 113kJ/27kcal



330ml				
Energy	Fat	Saturates	Sugars	Salt
5kJ 1kcal	0g	0g	0g	0.07g
0%*	0%*	0%*	0%*	1%*

100ml: 1.4kJ/0.3kcal



330ml				
Energy	Fat	Saturates	Sugars	Salt
5kJ 1kcal	0g	0g	0g	0g
0%*	0%*	0%*	0%*	0%*

100ml: 1.6kJ/0.4kcal

*33% less calories vs full sugared cola in GB thanks to stevia extract.

© 2015 The Coca-Cola Company. Coca-Cola, Coca-Cola Life, Coca-Cola Zero, Diet Coke, the Contour Bottle symbol, the Lippincott Ribbon and Choose Happiness are registered trademarks of The Coca-Cola Company.

Caitlyn Jenner has true Kardashian style — thanks to rummaging through Kim's wardrobe

Kim's leopard-print figure-hugger

Kim begs

'DON'T STEAL MY LOOK!'

With the world watching her every move, Caitlyn Jenner isn't taking any chances when it comes to style. But she'd better watch out because she's admitted to borrowing dresses from stepdaughter Kim Kardashian's designer wardrobe.

It's less than a month since Caitlyn, 65, made her debut on the cover of *Vanity Fair*, but since then she's been seen stepping out in figure-hugging dresses just like ones that Kim, 34, has worn in the past — including a racy leopard print number. And Kim's reaction when she found out was priceless.

'You copy my outfits?' she asked during a recent episode of *Keeping Up The Kardashians*.

'No,' Caitlyn replied. 'I *stole* your outfit!' Shocked Kim responded: 'I'll literally kill you!'

Luckily for Caitlyn, Kim's on a mission to help her. A source tells us: 'Kim used to be a stylist, dressing stars like Paris Hilton, so she loves nothing better than picking out pieces for Caitlyn and helping her discover her "style identity"'. But she wants Caitlyn to get her own look, not steal hers! Sister Khloé, 31, is also helping to make sure Caitlyn is looking fierce, gifting her a pair of killer 6in stilettos.

Caitlyn, who still allows her kids to call her dad, has faced criticism for wearing revealing outfits, but Kim's leapt to her defence, insisting: 'She wants to help people that don't feel comfortable in their own skin to be confident in who they are.'

But Kim's aren't the only clothes Caitlyn's been borrowing. She's also admitted to taking items from ex-wife Kris's wardrobe. Let's hope Kris, 59, doesn't mind...



'KHLOE'S GIFTED CAITLYN KILLER STILETTOS'



**SAVE
42%** per kg
by switching to this
Lidl product

**MONEY BACK
GUARANTEE**
£



£1.95
£7.80/kg

AS SEEN ON
TV



£3
£13.64/kg

Shop a Lidl Smarter.

We asked over 400 people in an independent taste test and 57% found Lidl's own brand tastier than the brand. Visit shopalidlsmarter.co.uk to see the results. #LidlSurprises



THE GROCER OF THE YEAR 2015



Based on lowest competitor prices on www.mysupermarket.co.uk and Lidl price on 29.06.2015. Prices correct at time of going to print.
Based on independent testing conducted in April-May 2015, each product pair tested in excess of 400 times.
See www.shopalidlsmarter.co.uk for more details. Subject to availability. Terms and conditions apply. Multibuy not included.
Packaging, sizes & measurements may vary. Ocean Trader Wholetail Scampi, 250g, £1.95 (£7.80/kg) vs Young's Wholetail Scampi, 220g, £3.00 (£13.64/kg).

Exact Match

Stars love **Lipsy** – here's how to shop it like a celeb!

LIPSY
SPECIAL

VOGUE
WILLIAMS

DAY

DJ Vogue looked gorgeous in this striped Bardot dress accessorised with leather sandals, gold jewellery and an Ibiza glow.



NIGHT

Swapping her pretty Parisian-inspired frock for a classic LBD, Vogue's ready to party.



AMY
WILLERTON



DAY

Giving us total body envy, Amy works the beach in this gorgeous neon bikini, teamed perfectly with shorts and jewelled sandals.

NADIA
FORDE

DAY

Reality star Nadia looks super-sweet in this off-the-shoulder playsuit – with its lace sleeves, it's ideal as a beach cover-up.



NIGHT

Sticking to what she knows, Nadia swaps her black playsuit for a white one to complement her tan.



NIGHT

Amy swaps her laid-back beach look for this dress from Michelle Keegan's Lipsy range, accessorised with a simple black belt.

Words and styling: Sarah Bradbury

sun ready kids need eye protection too

A child's eye can let up to 70% more light through to the retina than an adult's. So help keep the kids safe this summer with all round UV protection lenses from Boots Opticians.



Opticians
let's feel good

To book your eye check visit [boots.com/opticians](https://www.boots.com/opticians) or call 0345 125 3754[†]

Free Soltan Once Kids All Day Play Mini SPF50 50ml included with every transaction of kids glasses or prescription sunglasses while stocks last. Glasses shown are available in selected stores only. Normal Advantage Card terms and conditions apply. See in store for details. [†]Call any time between 8.30am-7pm (Mon-Fri), 8.45am-5pm (Sat & Sun).

JENNIFER LOPEZ
& EMME

There's not much cooler than having J-Lo, 45, as a mum, especially with those matching shades and furry collars. Forget Iggy Azalea – seven-year-old Emme's the Fanciest girl in the playground.

JENNIFER GARNER & SERAPHINA

We're sad that Jen, 43, has split from Ben Affleck – she seems like one of the sweetest women in Hollywood. And she just got even sweeter holding hands with six-year-old daughter Seraphina.

JARVIS PATERSON & ALBERT

Clocking Pulp singer's son Albert, 12, is like seeing 51-year-old Jarvis as his child self. Wonder if Alf – as he's known to his mates – will grow up to be a rock star like his dad?

CELEB MINI-MES

These stars' children are dead ringers for their famous parents

KYM MARSH & EMILIE

You'd be forgiven for mistaking Kym's 17-year-old daughter Emilie for her sister with those double-take glasses and hairstyles. Game of Snap, anyone?

KATIE HOLMES & SURI

Not only do Katie, 36, and nine-year-old Suri have the same puppy-dog eyes and beautiful brown locks, they even the same facial expressions.

Think you know how much these cost at Sainsbury's?



Sainsbury's
live well for less

Hollywood

The hottest news from over there is in here

Now

JEN'S LOVE LIFE DRAMA

We've been waiting ages for them to tie the knot since they got engaged three years ago, but now Jennifer Aniston is facing stress over unfounded scurrilous claims her fiancé Justin Theroux has been playing away on the set of his TV series *The Leftovers*. Jen, 46, and Justin, 43, were recently spotted having a blazing row outside Robert Downey Jr's 50th birthday party.

However, Jen's adamant that she won't let the rumour mill take over her life and is still wearing her engagement ring. Neither stars had addressed the claims as *Now* went to press.



...se above the
...mours, Jen!



Seeing double

Madonna's son Rocco Ritchie, 14, was recently seen sporting long, blonde, beachy waves in his hair. Weirdly, he looks identical to Madonna's first husband Sean Penn in his role as Jeff Spicoli in 1982 film *Fast Times At Ridgemont High*!



Mariah's birthday bash(es)

Everyone loves a birthday, but none more than Mariah Carey, it seems. The 45-year-old singer's revealed that she celebrates her birthday on 27 March a total of *four* times every day. The star does a 'happy dance' at her birth time of 3.27am – in two different time zones – and again at 3.27pm. Er, does that make her a lot older than 45? Or is she just trying to get more pressies?

...s she keeping
her real age
under wraps?

TURN FOR MORE ➡

Think again.

Surprising prices on everyday items.

£1.50

75p

£1

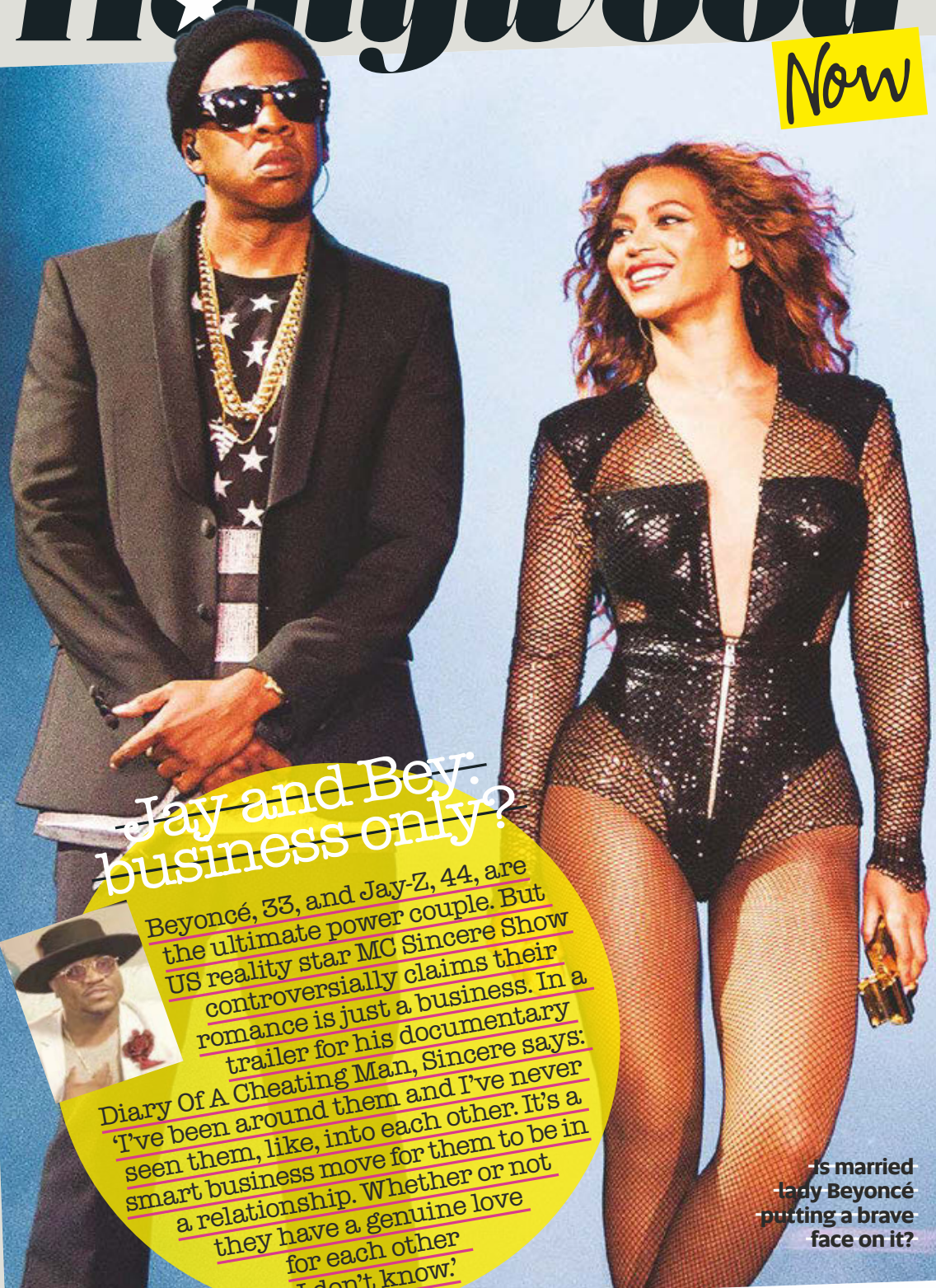
85p

£1.50
per 500g pack

85p

Sainsbury's
live well for less

Subject to availability. Selected stores and lines. Prices vary in Centrals and Locals. Not all products are available in Centrals and Locals. Available online. Online delivery charges apply. *by* Sainsbury's British Breaded Ham 120g £1.50, £1.25/100g; *by* Sainsbury's British Semi Skimmed Milk 1.13L (2 pint) 75p, 67p/L; *by* Sainsbury's Wholemeal Farmhouse Bread 800g £1, 13p/100g; *by* Sainsbury's White Seedless Grapes 500g £1.50, £3/kg; *by* Sainsbury's Butter, Unsalted 250g 85p, 34p/100g; *by* Sainsbury's Free Range Mixed Weight Eggs x6 85p, 15p each. You can live well for less than you thought at Sainsbury's. Based on price perception data April 2015. For more information go to sainsburys.co.uk/livewellforless



Jay and Bey: business only?

Beyoncé, 33, and Jay-Z, 44, are the ultimate power couple. But US reality star MC Sincere Show controversially claims their romance is just a business. In a trailer for his documentary *Diary Of A Cheating Man*, Sincere says: 'I've been around them and I've never seen them, like, into each other. It's a smart business move for them to be in a relationship. Whether or not they have a genuine love for each other I don't know.'

Is married lady Beyoncé putting a brave face on it?



Supermodel super-feud

Chrissy Teigen, 29, and Tyra Banks, 41, have reportedly clashed filming their new chat show *The FAB Life*. An insider says: 'Their personalities are very different – Chrissy's fun and makes everyone laugh, while Tyra's always serious. She thinks about everything – what to say, down to when to move her arm. Chrissy's from the new school, where she says whatever she wants.'

Tyra tried to laugh off the feud rumours on Twitter

Tyra Banks @tyrabanks · Jun 12
Peeps think U R smiling @chrissyteigen but really I'm pressing my sharp dress studs into UR flesh as U grimace.

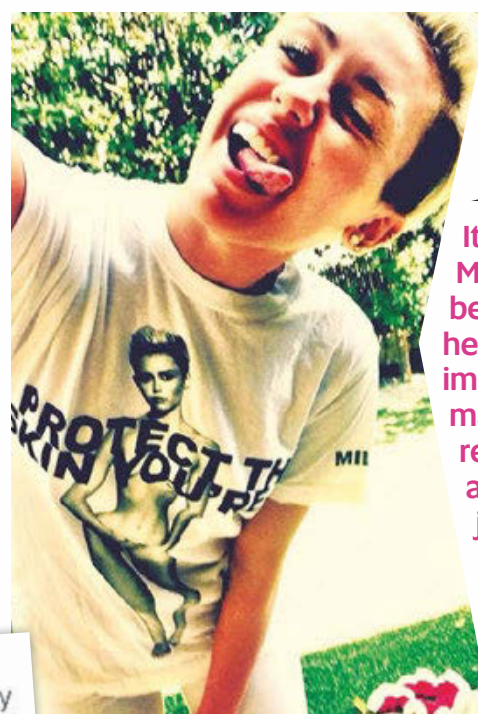


Prankster Channing

He shows off his hot bod in *Magic Mike XXL*, but Channing Tatum's *Dear John* co-star Amanda Seyfried, 29, has told how he pranked her while filming a saucy scene. 'I looked down and I was just like [gasps]!' she said. Channing, 35, 'fessed up to making a 'stunt' penis because 'it was cold that day and I didn't want her to be laughing and pointing'.

Scarlett scrubs up

As well as looking immaculate onscreen and on the red carpet, Scarlett Johansson, 30, seems to like her surroundings to be super-tidy too. So much so, she even cleans her hotel room before a maid comes. 'I can't stand clutter. You'll never find laundry on my floor,' she says.



Power to Miley

It's no secret that Miley Cyrus, 22, has been shaking off her wholesome image, but there may be more to her revealing outfits and nudity than just shock value. 'I'm using it as a power stance,' she says of her cleverly placed nipple pasties.



LAST NIGHT'S
roast veggies
TODAY'S
combo delight



OUR SUPER SOFT WRAPS HOLD
MORE OF THE STUFF YOU LIKE



'LUCY
WON'T
BE
VERY
HAPPY'

What?! Is MIC's Lucy's boyfriend on Happn?

After a month of dating, it looks like Made In Chelsea's James Dunmore may be keeping his options open

Ah, how the world of dating has changed. The Bridget Jones days of dialling 1471

to see if someone's called you have been replaced by WhatsApp blue-tick-based anxiety and endless swiping to the left, right and centre. Every single person and their dog seems to be on a dating app these days.

But it looks like it might not just be the singles and ready-to-mingles who are on the prowl.

While trawling through the Happn app, we came across a hottie who looked remarkably similar to Made In Chelsea's

James Dunmore – who, by the way, is in a relationship with co-star Lucy Watson.

The app highlights fellow users in your area who you've recently crossed paths with, and you can rate their

hotness with a tick or a big ol' cross – a bit like the Britain's Got Talent buzzers. But this didn't seem to be a case of

someone creating a profile 'for a joke' then forgetting all about it, as the profile's owner was seen active a mere nine hours before we spotted it. So what's going on, James? Is it you?

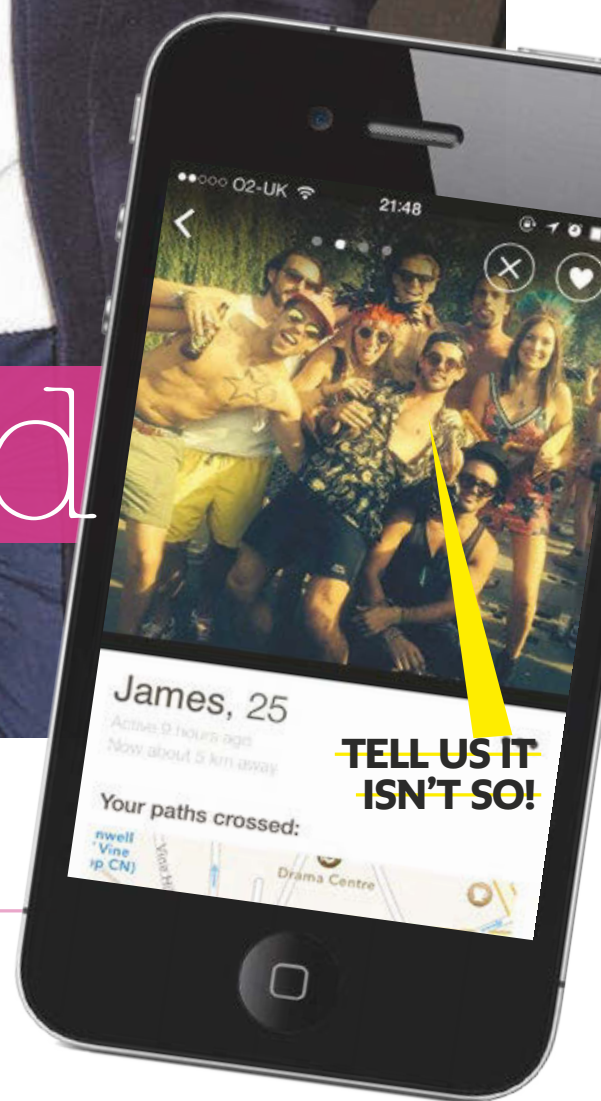
We wonder if Lucy, 25, knows about this question mark over her new man. If it is him, we can't imagine she'd be too happy about it as she's known for taking no nonsense, especially when it comes to guys. Despite Lucy's history of not exactly declaring her undying love to the men she's dating, she and James, 25, seem very happy together – and we

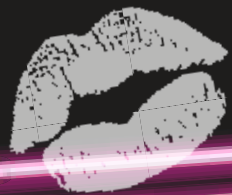
think they make the coolest couple in the posh postcode. Just last week, Lucy posted a pic of the lovebirds together at a festival with fellow MIC-ers Alex Mytton and Nicola Hughes.

A spokesperson for James insisted: 'The account is a fake, as are most of them out there.' As Now went to press, Lucy was yet to comment – but she did post a smoking hot bikini selfie.

**'THIS
DIDN'T
LOOK
LIKE A
JOKE'**

**TELL US IT
ISN'T SO!**





SEXIEST S



No matter how highbrow the movie, nothing's guaranteed to get audiences flocking and critics squabbling more than a heavy dollop of sex scenes. It's no new phenomenon – 1973's *Don't Look Now* is *still* considered

controversial thanks to Julie Christie and Donald Sutherland writhing around in bed together. And Mickey Rourke was blindfolding Kim Basinger in 9½ Weeks way before *Fifty Shades Of Grey*. We look back at some of the most famous and infamous love scenes of all time.



FIFTY SHADES OF GREY, 2015

Dakota Johnson & Jamie Dornan in The Red Room

The film was slightly tamer than the book, with just seven sex scenes. But from the moment Christian Grey kissed Anastasia Steele in the elevator, we knew it would be full steam ahead. 'When they called: "Cut!", as the closest person to her I felt the need to throw a dressing gown over Dakota, untie her and make sure everyone kept their distance for a while until she was comfortable,' said Jamie of their Red Room antics.

INDECENT PROPOSAL, 1993

Demi Moore & Woody Harrelson on the kitchen floor

The story of a billionaire (Robert Redford) who pays married Diana (Moore) \$1 million for a night of passion. Prior to that we largely saw David (Harrelson) and Diana making love – even in the kitchen. 'It's important to give [the audience] something to laugh at,' said director Adrian Lyne.

PRETTY WOMEN

A modern-day, sexed-up Cinderella tale of prostitute Vivian being rescued from the streets by wealthy businessman Edward. As they fell in love, the sex scenes became more intimate – she

CENES Ever!

With Fifty Shades Of Grey out on DVD, we chart the hottest on-screen moments...



IAN, 1990

even broke her no-kissing-on-the-mouth rule for him. Who could forget the moment he hoisted her up onto the grand piano? 'That movie was a fairytale,' Julia said. 'And I'll tell you something else – for \$3,000 [£1,900] a weekend, Richard got a bargain!'



THE NOTEBOOK, 2004

Ryan Gosling & Rachel Watson's make-up sex
'It wasn't over – it still isn't over!' proclaimed Noah in the pouring rain, before grabbing love of his life Allie for a snog and carrying her into the house where they previously lost their virginity together. 'There wouldn't have been this movie without Rachel,' Ryan said of his real-life ex-girlfriend. 'She was the last girl to audition – she came in and took the part. It was clear that I wanted to work with her.' No doubt!



TURN FOR MORE ♦♦

SEXIEST SCENES *Ever!*

BASIC INSTINCT, 1992

Sharon Stone seducing
Michael Douglas

Knickerless femme fatale Catherine Tramell uncrossing her legs while being interrogated by detective Nick Curran is one of Hollywood's most famous scenes. As the plot thickened, so did the chemistry between them, resulting in a fiery sex scene. 'We broke all kinds of boundaries,' said Sharon. 'When I was nominated for a Golden Globe, people laughed. But who's laughing now? The film is still playing.'



9½ WEEKS, 1986

~~Kim Basinger & Mickey Rourke in the rain~~

This steamy drama brought S&M to the big screen long before Fifty Shades Of Grey. It tells of an affair between Wall Street banker John Gray and SoHo art dealer

Elizabeth McGraw. The games began innocently enough, with John feeding chocolate sauce and jalapeño peppers to a blindfolded Elizabeth, but turned

into much darker role-playing involving horsewhips. However, we prefer the scene of them frantically ripping each other's clothes off in the torrential rain.

DON'T LOOK NOW, 1973

~~Christie &
Donald Sutherland
in a room~~

This sex scene raised eyebrows (and more) when the pair played a married couple having sex – and 42 years on, it's still considered one of the more risqué films in cinematic history, with many viewers convinced the sex was real. Julie's then-boyfriend Warren Beatty reportedly wanted the scene cut from the film. 'It was flesh squirming and rolling and touching and, God, I thought it was absolutely lovely,' said Julie.





WILD THINGS, 1998

Neve Campbell & Denise Richards kissing in the pool

There were more twists and turns in this thriller than we can count – and we're not even talking about the plentiful sex scenes. Most notable was *that* swimming pool scene, which began with Kelly (Richards) kissing Suzie (Campbell) before they

submerged into the water and Suzie removed Kelly's bikini top. Neve had a no-nudity clause, while Denise was offered a body double and declined. 'I loved playing Kelly,' she said. 'It was fun to play an evil woman. Everyone has a little evil in themselves.'



THE BREAKING DAWN – PART 1, 2011

Robert Pattinson & Kristen Stewart's wedding night

After a very long wait, in the fourth film of the Twilight Saga, Bella Swan and Edward Cullen got married and finally managed to get it on. And it seems it wasn't just fans who'd been anticipating this moment for what seemed like an eternity – the pair's first night as vampire and wife was not only marriage-consummating but also bed-breaking!



Clear out? Or work out?



Proud to Sponsor

back to
netball



It's your move.

When you're getting back into sport, don't let sprains, strains and stiffness hold you back. We can support you with pain relief like no other – our unique formula delivers a clinically proven anti-inflammatory exactly where you need it.

Ask your pharmacist for Movelat.

Available without prescription from pharmacies nationwide.

www.movelat.co.uk



A unique formula for
Pain relief like no other

Always read the label

TOWIE's Peter Wicks

'I regret that stabbing pic'

The TV heartthrob admits he was 'naïve' to post a controversial pic

Since joining TOWIE last month, Peter Wicks has stolen the hearts of ladies across the land and had BFFs Jessica Wright and Ferne McCann fighting over him! Here Peter, 26, reveals all about his love life and last month's Twitter scandal...

Peter, how are you coping with your new-found fame?

It's madness. It's just a different world for me.

Why did you want to join TOWIE?

I'm 26 and I've worked in the City in recruitment for 10 years, which has been draining. I just wanted to try something different.

Were you a fan of the show?

No. Am I supposed to say that?

Have you had lots of lady attention since joining?

A bit. I don't look like any of the rest of the guys on there, so when that dies down and they realise it's just a sappy haircut, they'll go back to fancying Dan Edgar.

Who's your ideal girl?

Someone with, like, a presence. I wouldn't want a bird who hasn't got any class – which is funny because I look like a tramp.

What about Jess Wright – would you like something to blossom with her?

You never know. I don't really know her well enough yet. I'm quite happy being single and

she's had that relationship with whatshisname so I think she is too.

And Ferne McCann?

I like her but there isn't a romantic connection.

What would be your ideal first date?

We'd just have drinks and get pissed! I got my nan drunk on vodka an champagne once – that was one of my best nights.

You seem a laid-back guy – why did you post that stabbing meme on Instagram [Pete posted: 'If you tell me to relax while I'm angry I will stab you in the neck with a knife']?

That was before the show, a few months ago. It was naïve – it was supposed to be sarcastic, but being in the public eye, it's not something I'd condone. I certainly didn't want to cause offence.

Tell us about your tattoos...

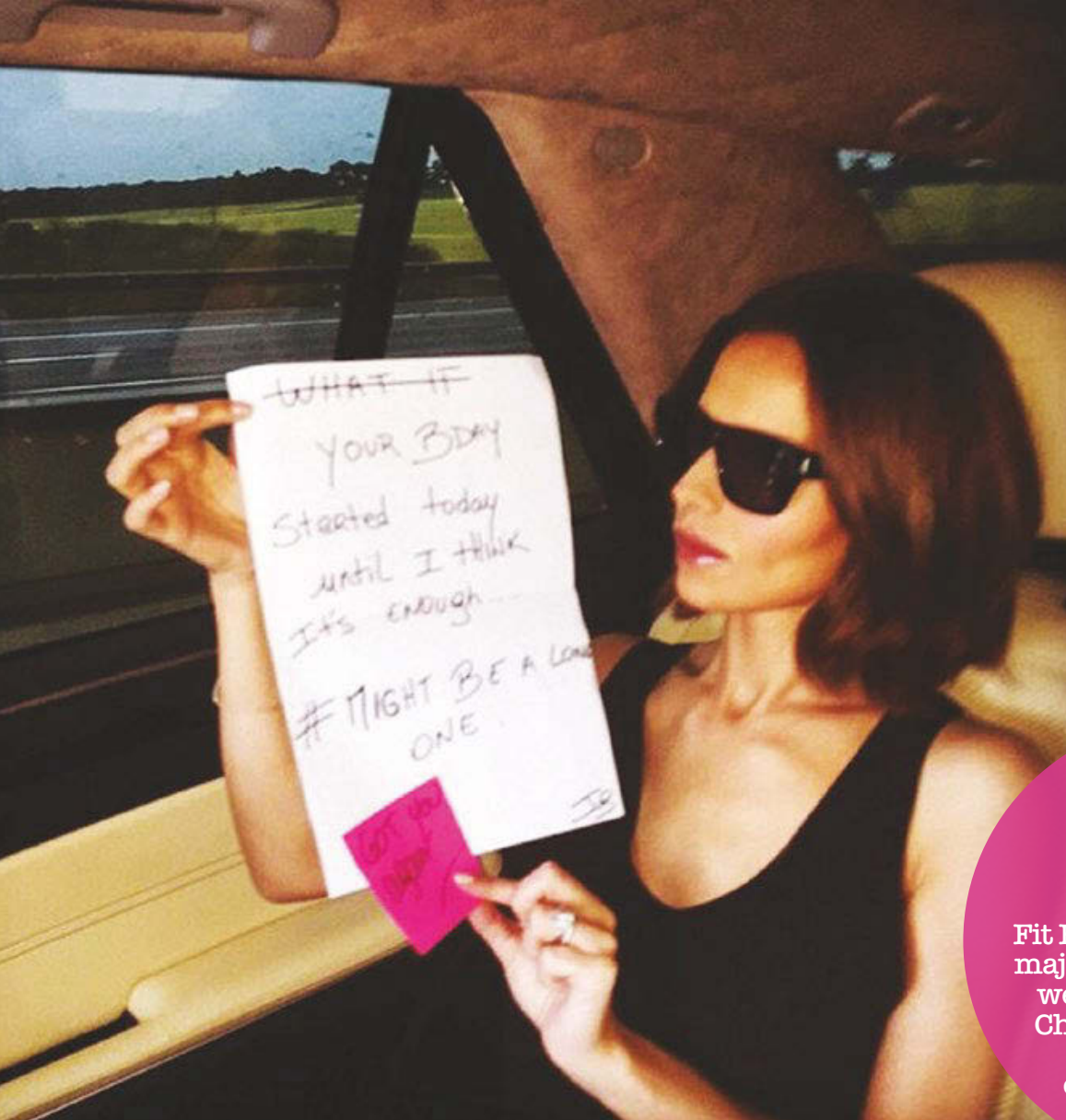
I've got loads I regret. I'm having some lasered so I can start again. But I haven't got any in naughty places. Yet!

'I GOT MY NAN DRUNK ON VODKA ONCE'



The girls have got Peter's back – and Jess is top of his list





WHAT IF
YOUR BDAY
Started today
until I think
It's enough...
#MIGHT BE A LONG
ONE

got you
happy?



Jealous?
Us?

**CHERYL
& JEAN-
BERNARD
FERNANDEZ-
VERSINI**

Fit Frenchman JB earned major brownie points this week, after flying wife Cheryl out to Italy for a surprise dinner to celebrate her 32nd birthday.



Say
cheese!

**ED
SHEERAN
& RONNIE
WOOD**

Proving you're never too old for a selfie, 68-year-old rocker Ronnie snapped away with Ed after he joined the Rolling Stones on stage in Kansas.



**CALUM
BEST**

Toned, tattooed and taking his clothes off for his 183,000 followers. We knew there was a reason we loved him.



Instapix of the week

Fun, filtered and far too revealing.
— the lives of the stars on social media

BROOKLYN BECKHAM

Hmm, something tells us Posh won't be tucking into those baguettes and Pot Noodles after her 16-year-old son uploaded this pic of his trip to the shops.

Spend it like Beckham!

LADY GAGA

Gaga took her celebrations to new heights when gay marriage was made legal in America last week. Go, Gaga!

DAISY LOWE

There's a time and a place for getting naked. And it seems for model Daisy it's online – for the entire world to see. Peachy.

Bare-faced cheek!

SHERIDAN SMITH

Celebrating turning 34 in spectacular fashion, the actress posted this pic of her 'posse' down her local pub.

Best foot forward



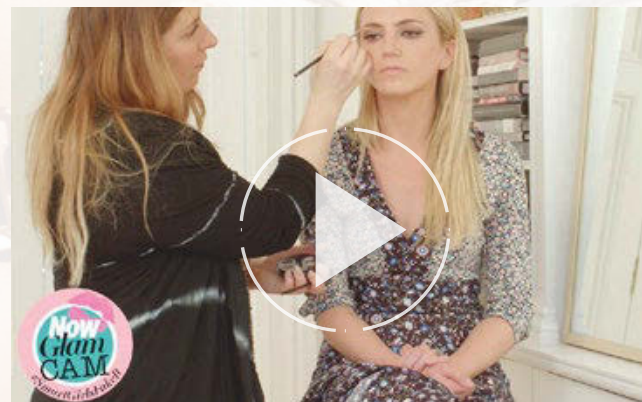
Do you
want
to look
10 YEARS
younger?

SMART GIRLS FAKE IT

with 
SOLAIT
exclusively at 
Superdrug

WATCH

9 anti-ageing tricks
from our experts
nowmagazine.co.uk/videos



Now
**SMART
GIRLS
FAKE IT**

with 
SOLAIT
exclusively at 
Superdrug

STAY SAFE IN THE SUN THIS SUMMER #SmartGirlsFakeIt

Jake Quickenden
on how love's
helped him cope
with the loss of his
dad and brother

'My dad & brother would have LOVED Danielle'

'WE'RE A
NORMAL
COUPLE
HAVING
A LAUGH'

When X Factor singer Jake Quickenden went on I'm A Celebrity – Get Me Out Of Here! last year, little did he know he'd end up dating winner Carl Fogarty's daughter Danielle. The couple hooked up at the show's wrap party in Australia and have been joined at the hip ever since, moving in together in March.

Now Jake, 26, and Danielle, 23, who live in Cheshire, have decided to let the cameras into their lives for ITVBe's *Seven Days With*. Here Jake opens up on how Danielle has helped him deal with the tragedy of losing both his father Paul and 19-year-old brother Oliver to bone cancer.

Are you two brave or just crazy, letting cameras into your home?

Jake: I think we're brave. I don't think we're that crazy! Some people might disagree but we have a lot of fun together and we

thought: 'Why not?' It'll give us the chance to show people we're just normal twentysomethings having a laugh and enjoying each other's company.

So will there be lots of gratuitous shots of you stripping off, Jake?

J: I'm sure there are a few bits in

the morning when I'm making breakfast. I'm not totally nude – I do wear my boxers or joggers! – but we just wanted to show what we're like in the house. We eat a lot and we watch a lot of TV, so it might be one of the worst shows ever recorded!

How is living together – are you still in the honeymoon phase?

J: We're still there.

Danielle: We've said we're always going to be in the honeymoon phase. I don't think it should ever really go.

How do you keep the romance?

J: Just talking a lot, I think. If one of us has an issue with anything, no matter how little it is, we sort

TURN FOR MORE ➤➤



Jake met Danielle after his stint in the jungle.



Presenter with Danielle at the show.

Now PROMOTION

Love YOUR SKIN

Show every inch a little TLC and feel your best from top to toe

Sunshine days are here again – hurrah! Hot weather and summer clothes mean there's more on show so we're all paying extra attention to bodycare and keeping our skin in tip-top condition, so we look and feel our best every day.

But did you know the skin of your intimate area is the most sensitive? This skin has a different pH to the rest of your body that calls for gentle cleansing. So just as you wouldn't use a heavy duty foot cream on your face or a lip balm on your hands, it's important to pay attention to your skin down there, too.

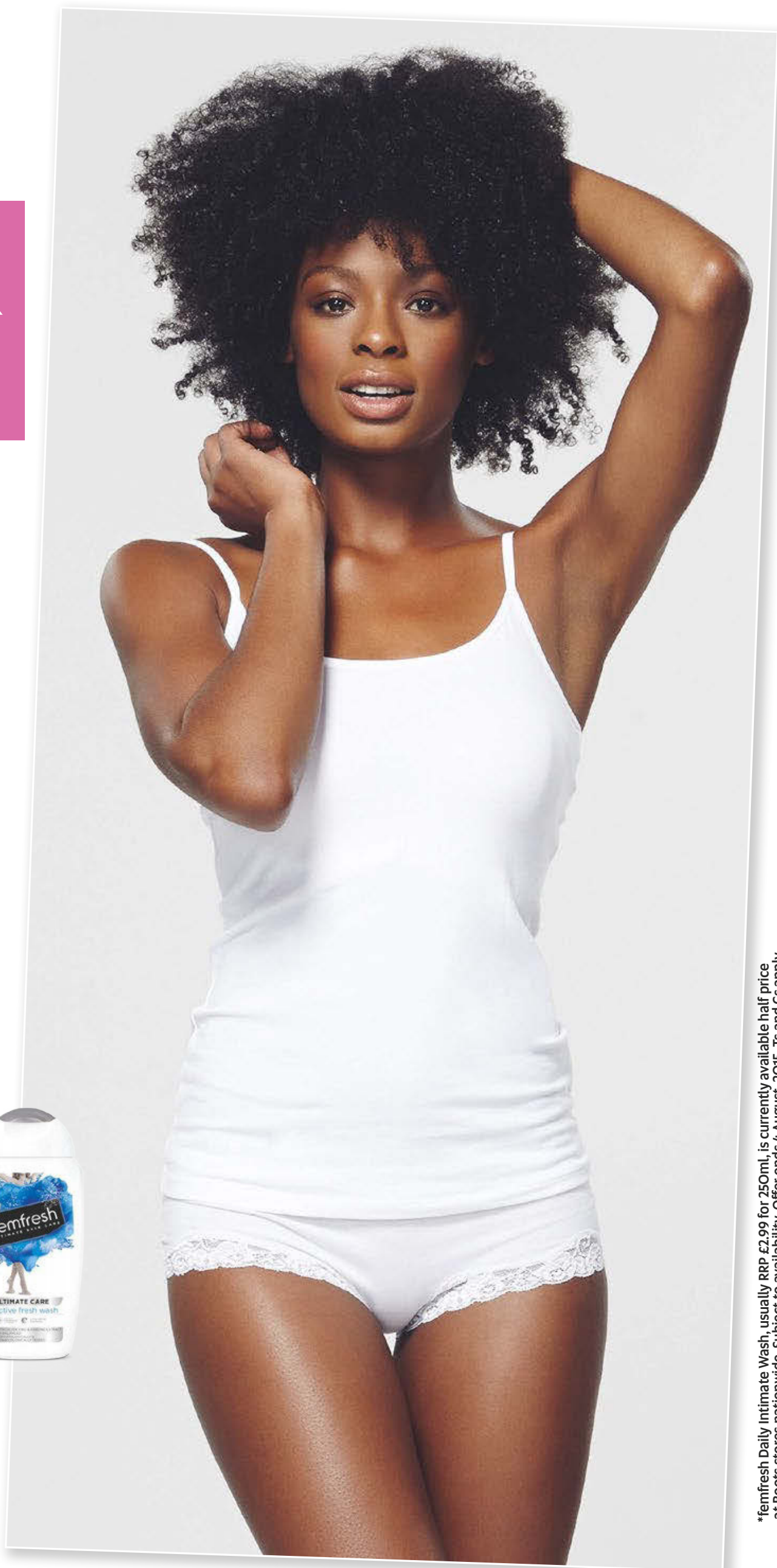
Often this special skin gets overlooked, but femfresh Daily Intimate Wash is formulated to care for this unique pH because it's different to the rest of your body.

Dermatologically tested and – unlike regular soaps and shower gels – gynaecologically approved, femfresh is safe and gentle on this sensitive skin for a clean, fresh feel.



Another little skin perk!

Take advantage of a special half price offer on femfresh at Boots until 4 August, 2015. To find out more about the femfresh range, visit femfresh.co.uk



*femfresh Daily Intimate Wash, usually RRP £2.99 for 250ml, is currently available half price at Boots stores nationwide. Subject to availability. Offer ends 4 August, 2015. Ts and Cs apply.

◀ it out. I always want to be smiling and having a laugh. We live for each day and make new memories every single day.

There must be something that annoys you about each other?

D: For me it's Jake's untidiness – or perhaps that's men in general? He leaves all his dirty boxers on the floor...

J: They're not that dirty!

D: And he never puts the toilet seat down.

J: I actually forgot to put it down and Danielle didn't know and fell in the toilet. It was one of the funniest moments of my life.

Is Danielle 'the one', Jake?

J: I wouldn't be in a relationship if I didn't think it was going somewhere. We're living every day and really enjoying our time now. I'm not going to say we're getting married in six months but, for me right now, I haven't been this happy in a long time.

Is either of you broody?

In unison: No!

J: My brother's had a baby, so we can look after it, then give it back.

Does Foggy (Carl Fogarty) trust you with his daughter, Jake?

J: Yeah, he's my friend. I'd never disrespect him or his family.

Jake, how has losing your father and brother affected you?

J: I think life is too short to not do things you want to do and not be with people you want to be with, so that's what I live by now. Obviously I'm careful and respectful to people, but I'm just having fun and spending every day with Danielle because that's who I want to be with.



The loved-up pair invited the cameras into their Cheshire home



How did it feel to go through those losses?

J: It took me a few years to get my head around it – I don't think I have got my head around it. When you lose people as close to you as that, you never get over it. But you look at life a little differently. I hope they're proud of me. It's a shame Danielle never got to meet them but it's made me the person I am today. I'm a lot stronger. I live fast and I get grief for it sometimes but I think it's the best way.

'I LIVE FAST & SEIZE THE DAY'

Is that what drives you in life?

J: Yes, it's about seizing the day and living each one as if it's the last, as you never know what's around the corner.

Has Danielle been a great support to you?

J: Yes, Oliver passed away two years ago and it's been six years since my dad passed, so my initial grief was long gone. I dealt with that with my mum and my big brother Adam together. But Danielle's always here for me. Sometimes I might have a bad day and go a little bit quiet when I'm thinking of them, but she always understands.

What would they have thought of Danielle?

J: Oh, they would've loved her and I tell her that a lot.

Were you ever affected by depression?

J: Not depression, but I was very upset and I couldn't get my head around losing my little brother, who was my best friend. I had to stay strong for my mum, so me and my big brother pulled together. It just made me think: 'I'll go out there and do what I want to do now because that's how you have to live.'

Do you worry about getting cancer yourself?

J: The opposite. If you're going to get it, you're going to get it. You can't do anything about it. It's such an evil disease. Obviously I think people should have regular checks but you can't

live your life being scared of it. My dad and my brother fought this disease with so much determination and they'd want me to enjoy myself. Over the past couple of years it's been very low for me at some points but there've been amazing highs as well – going on The X Factor, into the jungle, meeting Danielle and making my music...

Do you ever feel bitter about all the loss you've suffered?

J: I could've easily gone off the rails but because I'm so close to my mum I wanted to make sure she was all right. I didn't think of myself – if I'd gone off the rails she would've lost another child, so I kept myself together. I'm not bitter because life is life. Things happen and you can't control it.

How do you keep it together? Did you have therapy?

J: No. I'm naturally upbeat and happy. I surround myself with friends and family and I deal with a lot of things with humour.

Do you pour your emotions into music and writing?

J: Yes – I've got a lot of depressing songs! But my new song is a lot more upbeat. I write a lot of my feelings down in songs but I have to get past that and write a few happy ones as well!

Jake's single I Want You is out now and his Laid Bare tour starts next week. Seven Days With is available to watch now on ITV Player



Sharing a tender moment with Danielle



Jake is good mates with Danielle's dad Foggy after their time in the jungle

“I have been using Astral since I was a teenager. My mother has always used it, my sisters use it and now my own daughter uses it. It is a family winner.

Astral is our number one skin care for our faces. Thank you.”

Rachael, 48, one of three generations of Astral users

Tell us how you use your Astral at astral-cream.co.uk



The truth is, Astral works

... for your face, neck, body, elbows, knees, legs, hands, feet ...

19 pages of fashion & beauty start here!

InstaGlam

THIS WEEK'S LUST-HAVE

SOS MANI

Nails in need of rescue? Don't worry, Maybelline's new treatment range is here to save the beauty day. So no need for raggedy talons.

£2.99 EACH
MAYBELLINE DR RESCUE CC NAILS
BASE COAT, ALL IN ONE & GEL
EFFECT TOPCOAT

£3.99
MAYBELLINE
DR RESCUE
SOS BALSAM

PRO TIP

Want a flawless finish like Suki Waterhouse? This new little sponge gives us such blending precision, our make-up brushes are seething!

£13.50
BEAUTYBLENDER
MICRO MINI DUO KIT



AIN'T NO PARTY...

...like a River Island pyjama party! Nope, we're not on about the novelty onesie you got for Crimbo. With mannish pinstripes, brocade prints and rich fabrics, RI is championing Tommy Hilfiger's silky tailoring trend to perfection this season. Hugh Hefner would be proud.

£50
RIVER
ISLAND



From pretty pastels to bright popping shades, the new Summer Brights nail and lip collection by Kate Moss for Rimmel will give your beauty bag more sass than a supermodel hissy fit. #WeAreNotBasic

£5.49 EACH RIMMEL LASTING
FINISH LIPSTICK BY KATE MOSS IN
1 NO 38 2 NO 37 3 NO 36 4 NO 35

£4.49 EACH RIMMEL SALON PRO NAIL
POLISH BY KATE MOSS IN
5 HIPHOP 6 SOUL SESSION
7 GREEN DRAGON 8 JAZZ FUNK

£34.99
SAM & BILLIE
AT CARLTON
LONDON.CO.UK



£39.99
SAM & BILLIE
AT CARLTON
LONDON.CO.UK



£19.99
SAM & BILLIE
AT CARLTON
LONDON.CO.UK



THE ONLY WAY IS... NEW SHOES!

Not content with bestselling swimwear ranges, perfumes, baby collections, book deals and tanning products, the Faiers sisters have now taken to shoe design with their shiny new footwear line. Prices start from just £19.99. Shuuutup!

BILLIE &
SAM FAIERS



Words and styling: Hannah Eichler
and Lydia Thompson. Photos: PA

HER STYLE

Jess shows us the **Wright** way to dress this summer, whether you're in Margate or

SKATER GIRL

Jess skirts the issue for a night out in Marbs.

£45
OASIS



£25
MISS
SELFREDGE



£45
MISS
SELFREDGE



£32
ASOS.
COM



£10
F&F AT TESCO



£35
MEME.
LONDON

PAISLEY PERFECTION

Giving haterz the cold shoulder in a paisley print dress.

£45.99
ZARA



EXACT
MATCH



£28
VERY.
CO.UK



£39
MONSOON



E YOUR WAR

Marbs



£12
ICONIC
LONDON
LIPSTICK IN GIGI



£10
TOPSHOP



EXACT
MATCH

£95
COAST

**PINK
LADY**

Jess measures high on the glamometer in a 50s-style full skirt.



£29.99
QUIZ



**SHORTS
STORY**

Styled right, we reckon these shorts will see you through any summer occasion.



£10
F&F AT
TESCO



£12
DOROTHY
PERKINS



£25.99
ZARA

£14
PAUL AND
JOE LIPSTICK
IN ZOO



£96
THE
OUTNET.COM

Words and styling: Anna Woodham. Photos: Rex

Swims

APPLE SHAPES



Those with round middles were born for this season's one-piece! Disguise lumps and bumps with an intricate print and draw attention to your slimmest part by opting for an Empire-line style.

£55
BIBA AT
HOUSE OF
FRASER



**Win at
swimwear
with these
expert tips
from Curvy
Kate's**

**technical designer
Anneliese Pugh...**

'Women with apple-shaped bodies are usually conscious of their mid-section, so try a tankini or a one-piece that provides support while looking pretty. Prints help to disguise any problem areas, while panelling will streamline your shape.'

Suits You!

Skip the gym — with these every-shape swimwear buys, your bikini bod is just a click away! Let's go to the beach, beach...



£69.95
LANDS' END



£13
PRIMARK



£50
BIBA AT
HOUSE OF
FRASER



£32
EVANS



£42
SHOP
POURMOI.
CO.UK



£36
TOPSHOP



£42
J BY JASPER
CONRAN AT
DEBENHAMS



£35
FIGLEAVES.
COM

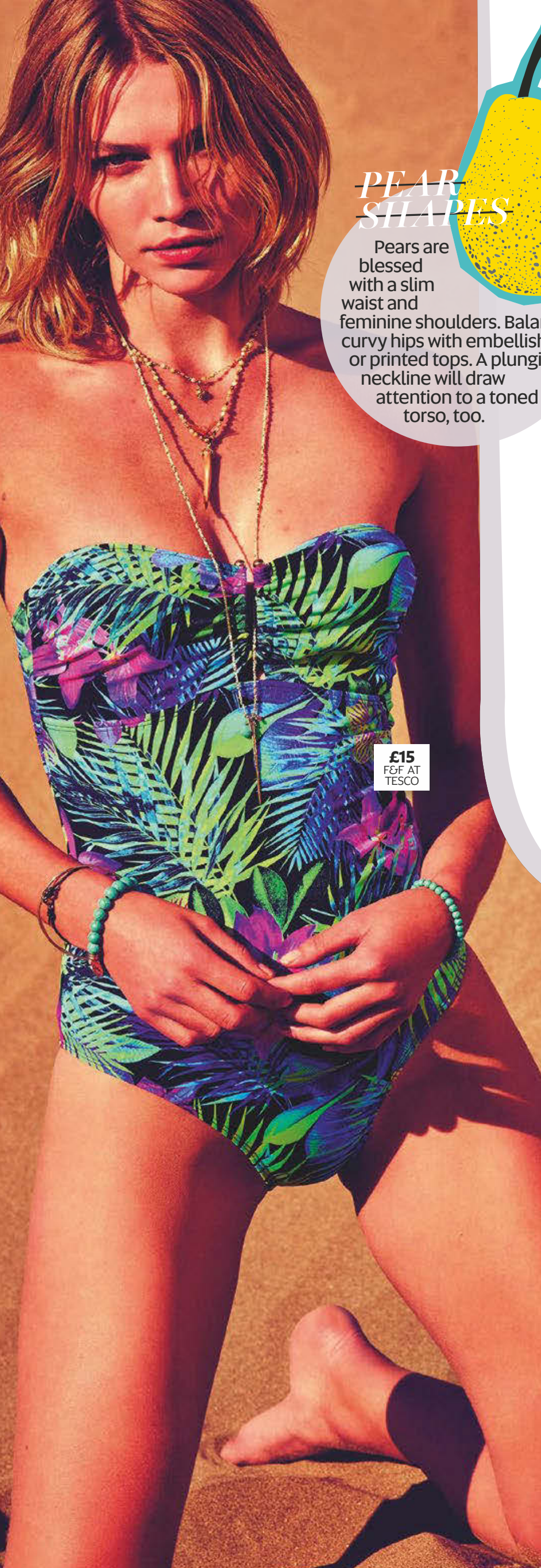


£24.99
BONPRIX.
CO.UK

*This clever print
will cheat an
hourglass figure*

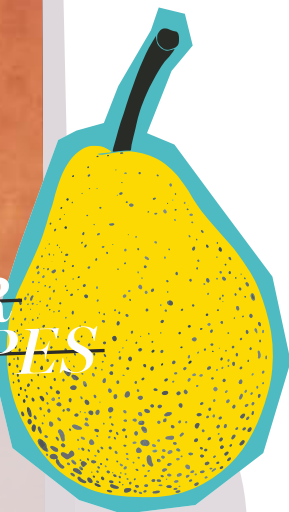


£38
OASIS



PEAR SHAPES

Pears are blessed with a slim waist and feminine shoulders. Balance curvy hips with embellished or printed tops. A plunging neckline will draw attention to a toned torso, too.



£15
F&F AT
TESCO

£50
FIGLEAVES.
COM



£39
FOR SET
SOUTHBEACH
OFFICIAL.COM



£32
ACCESSORIZE



£14
GEORGE
AT ASDA



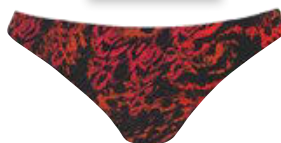
£42
J BY JASPER
CONRAN AT
DEBENHAMS



£19.99
FOR SET
QUIZ



£29
FOR SET
VERY.CO.UK



Annelie says:

'If you really want to draw attention away from a "hippy bottom", steer clear of frilly, skirted or heavily patterned briefs. Wear plain bottoms and a bikini top with a print or straps to broaden out your shoulders.'

£30
DOROTHY
PERKINS



Draw the eye upwards with an asymmetric neckline

HEART SHAPES

Blessed with big boobs and slim hips? Balance out your bottom half by wearing frilly or brightly coloured bottoms. Underwired tops will keep you secure in the surf – ooh-er!

Anneliese says:

'A triangular figure needs broadening at the hips and narrowing at the top. Try a skirted or full brief to give the illusion of wider hips and a halterneck to bring in your shoulders.'

TOP
£14.99
BOTTOMS
£14.95
BOTH LINEX

£42
REGER BY
JANET REGER
AT
DEBENHAMS

£22
VERY.CO.UK



TOP
£18
BOTTOMS
£16
BOTH OASIS



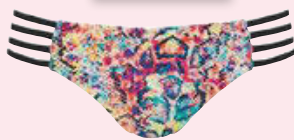
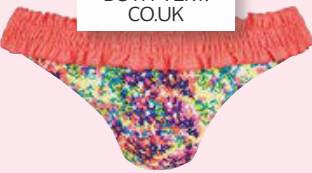
TOP
£14
BOTTOMS
£12
BOTH VERY.
CO.UK



TOP
£18
BOTTOMS
£14
BOTH RED
HERRING AT
DEBENHAMS



TOP
£34
BOTTOMS
£19
BOTH
CURVY KATE



TOP
£34
BOTTOMS
£18
CURVY KATE



TOP
£26.50
BOTTOMS
£18.50
BOTH FLOOZIE
BY FROSTFRENCH
AT DEBENHAMS



£29
FOR SET
VERY.
CO.UK

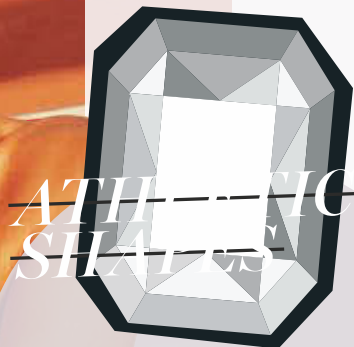


£38
FOR SET
LAVISH ALICE



TOP
£25
BOTTOMS
£18
BOTH BIBA
AT HOUSE
OF FRASER





ATHLETIC SHAPES

Bagged a bod to rival an Olympian? Wearing swimwear with flirty frills, tassels and embellishment is the instant trick to adding a feminine shape. Ta-dah – killer curves!

BIKINI
£10
SANDALS
£18
BOTH
PRIMARK

Annelise says:

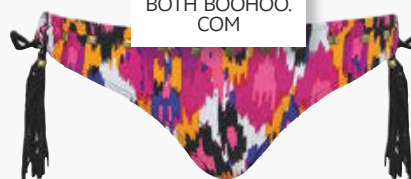
'Athletic figures usually want to add the illusion of curves, so try a skirted brief to add volume to your hips and a padded plunge to show off your cleavage.'



£35
FOR SET
ANIMAL.
CO.UK



TOP
£20
BOTTOMS
£18
BOTH BOOHOO.
COM



£20
BOOHOO.
COM



£29
VERY.CO.UK



TOP
£26.50
BOTTOMS
£18.50
BOTH FLOOZIE BY
FROSTFRENCH
AT DEBENHAMS



TOP
£18
BOTTOMS
£12
BOTH DOROTHY
PERKINS



£38
ASOS.
COM

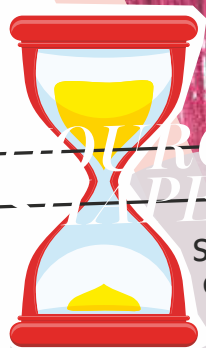


£40
FOR SET
NEXT





TOP
£14
BOTTOMS
£12
DOROTHY
PERKINS



HOURGLASS TYPES

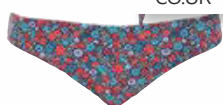
She's got curves – and she ain't afraid to use them!

Matching sets will help to emphasise your hourglass shape, while halterneck tops will support and flatter your bust.

TOP
£25
BOTTOMS
£18
BOTH LINEA AT
HOUSE OF
FRASER



£35
FOR SET
ANIMAL.
CO.UK



£19.99
FOR SET
SWIMWEAR365.
CO.UK



£51
FOR SET
CLEO BY
PANACHE



£52
FOR SET
CURVY
KATE



£32
LIPSY

'Matching sets are best at keeping the balance between bust and hips, so if you're an hourglass shape they're your secret weapon. It means the eyes aren't drawn to a particular area of the body so your curves are evenly distributed.'

TOP
£22
BOTTOMS
£15
KIMONO
£38
ALL LIPSY

Love this
celeb style
steal!

£22.99
QUIZ



£42
FLOOZIE BY
FROSTFRENCH
AT DEBENHAMS

Available in
cup sizes
30D-40J

The big cover-up

Take your beach look
into cocktail o'clock
with summer's most
stylish add-ons



£29.99
ZARA



£19
LOVE BY JULIEN
MACDONALD AT
MATALAN



*Bargain
buy!*

£5
PRIMARK



£38
BUTTERFLY BY
MATTHEW
WILLIAMSON AT
DEBENHAMS



£19.99
LINEX

KAFTAN **£32**
BIKINI TOP **£19**
BOTTOMS **£15**
BAG **£32**
JEWELLERY
FROM **£7**



TOP **£19**
BIKINI TOP **£15**
BOTTOMS **£14**
CLUTCH **£35**
JEWELLERY
FROM **£5**
ALL ACCESSORIZE



£22
LIPSY



£28
LIPSY



£14
SOUTHBEACH
OFFICIAL.COM



BIKINI TOP **£16.99**
TROUSERS **£14.99**
BOTH NEW LOOK



NOW
LOVES

£30
FLOOZIE BY
FROSTFRENCH
AT DEBENHAMS



£50
BIBA AT HOUSE
OF FRASER



£35
ACCESSORIZE

Breezy
tassels
will
keep
you
cool



£18
BAHIMI.
COM



£30
MISSGUIDED.
CO.UK

Words and styling: Hannah Eichler



CHLOÉ
Crochet's ruling
the catwalk
this summer



£29.99
H&M



£45
MISS
SELFREDGE

RUNWAY TO REAL WAY

Get Chloé's

Live a champagne lifestyle on a cava budget with the crochet styles storming the high street



Layer a white
T-shirt
underneath
for extra
coverage

£36
TOPSHOP



£35
MARKS &
SPENCER





£38
VILA



£35
WAREHOUSE



£49.50
MARKS & SPENCER

*Glam it up
with metallic
accessories*

£2,400 dress for (a lot) less



£19.99
MANGO

£44.99
MANGO



£39
LAREDOUTE.CO.UK



£28
DOROTHY PERKINS



£16
GEORGE AT ASDA



£44.99
MANGO



Unilever



NEW TRESemmé PERFECTLY (UN)DONE

Get the effortlessly (un)done look – shampoo and condition your hair with our weightless silicone-free formula for flowing body and gorgeous texture. Then get creative with our styling foam infused with sea kelp extract to help create salon-quality, natural looking waves.

Get your look at [youtube.com/TRESemmeUK](https://www.youtube.com/TRESemmeUK)

"These Boho waves
are as effortless as they look."

TRESemmé

PROFESSIONAL. AT YOUR FINGERTIPS.

#Style ON TRIAL

According to Kérastase's new Résistance Thérapiste range, you're shampooing all wrong! We test it out



Get glossy locks like Miranda Kerr's

Kérastase Résistance Thérapiste collection, £17.50-£28.50.

This three-step system encourages you to condition your hair *before* you shampoo. The products contain

£17.50
KERASTASE
RESISTANCE BAIN
THERAPISTE

miracle technology to restore damaged locks so they feel brand new, fixing split ends and making your hair silkier, stronger *and* more super-powered. Holy cow, Batman!

The system contains Fibre-KAP, a powerful complex that helps combat the loss of ceramides and keratin that are usually found in healthy hair, so reversing damage.

£20.50
KERASTASE
RESISTANCE SOIN
THERAPISTE

£28.50
KERASTASE
RESISTANCE SOIN
PREMIER
THERAPISTE

This too-clever-for-us compound is paired with an extract from the so-called 'resurrection plant', which can heal itself after losing up to 97 per cent of its water, basically bringing itself back from the dead.

50%
of your hair fibre is made up of KAPs (keratin-associated proteins). When hair is damaged, these proteins disappear and the internal hair structure begins to break down.

1 Jump in the shower; wet your hair; then apply the conditioner.

2 Leave on for 1-2 minutes while you wash, shave your legs, exfoliate etc...

3 Then shampoo as normal.

4 Once you're ready to dry off, apply a

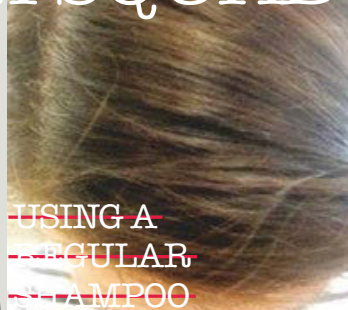
few pumps of the serum to the ends of your hair and you're done!



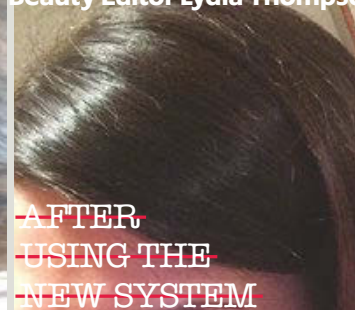
...n has
...y, super-
...tioned hair

THE GLAM SQUAD

with freelance Fashion & Beauty Editor Lydia Thompson



USING A
REGULAR
SHAMPOO



AFTER
USING THE
NEW SYSTEM

Now's Glam Squad puts shampoo on trial at nowmagazine.co.uk/beautynews

Verdict

Less fiddly than I first thought, this three-step reverse wash formula left me with hair that felt healthier and fuller. It's how I imagine lucky girls with long, thick hair feel. In your face, Rapunzelites! It took longer to dry but was easier to style and gave me second-day hair that was clean, glossy and thick. It's so worth the expense – a huge thumbs-up.



Now
Glam
CAM
#StyleOnTrial



Ignoring blood
could lead
to tooth loss



If you spit blood when brushing your teeth it could be an early sign of gum disease, a leading cause of tooth loss. Both Corsodyl Mint Mouthwash and Corsodyl Toothpaste are clinically proven to help stop bleeding gums. Find out more at www.corsodyl.co.uk

CORSODYL®

FOR PEOPLE WHO SPIT
BLOOD WHEN THEY
BRUSH THEIR TEETH.

Corsodyl Mint Mouthwash is a medicine containing chlorhexidine digluconate for the treatment of gum disease. Always read the label.
If left untreated, gum disease is a major cause of tooth loss. CORSODYL is a registered trade mark of the GSK group of companies.

The mane game

Get Rita Ora-like locks with these new super-shampoos

BEACH HAIR

TRESemmé Perfectly (Un)done Weightless Shampoo, £4.99

Want tousled summer hair that's still soft, textured and sexy without any effort? Er, yes please!

Best for: COLOUR

Charles Worthington Colour Enhancer Violet Shampoo, £5.99
Put off your next hair appointment with this clever colour recharger.

SHINE

L'Oréal Elvive Nutri-Gloss Luminiser Shampoo, £2.99
Luminous locks that still gleam 48hrs after washing. Two-day glossiness, here we come!

CURLS

Joico Curl Cleansing Sulfate-Free Shampoo, £10.35
A hair-strengthening wonder without the nasties. #GentleGiantHero

ANTI AGEING

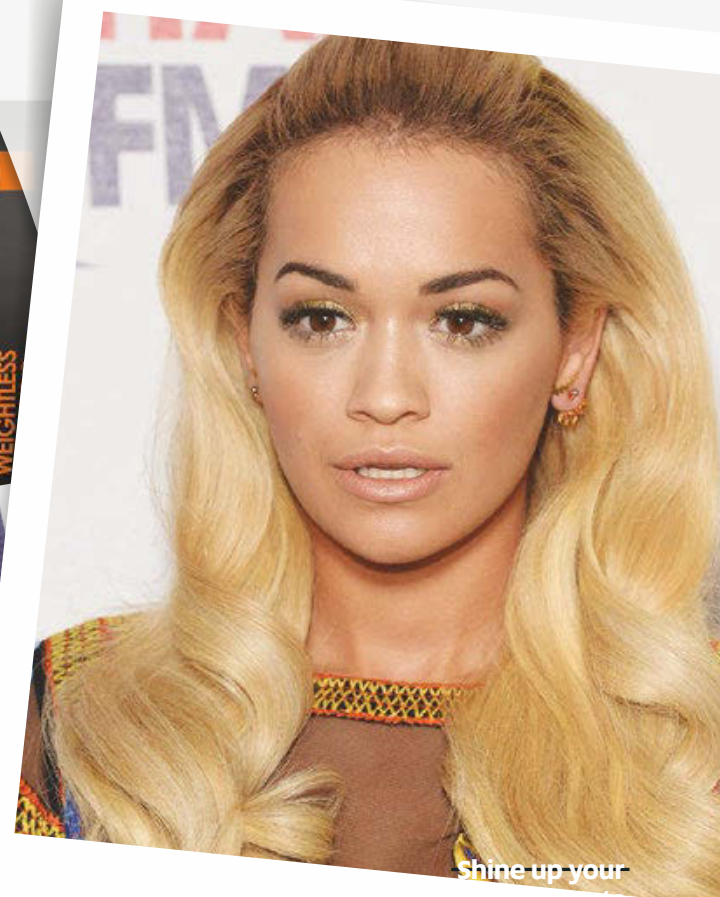
Dove Youthful Vitality Shampoo, £5.99
So you and your hair can act like you're 21 for ever.

HOLIDAYS

TIGI Bed Head Totally Beachin' Shampoo, £11.95
Battles the damage from sea, sand and sun.

WEEKENDS

Unite Weekender Shampoo, £15
A weekly cleansing treatment for your barnet.



Shine up your mane



Infused with Luscious Vital Oils

NOURISH YOUR HAIR.
TO LEAVE SOFT & SHINY

Time
to Shine

GET THE
SHINE

CAN'T HELP BUT
TOUCH YOUR HAIR!!!!

SOFT & SHINE

£1.47^{*}
each



Infused with
Luscious Vital Oils

NOW AVAILABLE AT **ASDA**

*Subject to availability. Offer ends 22/07/2015

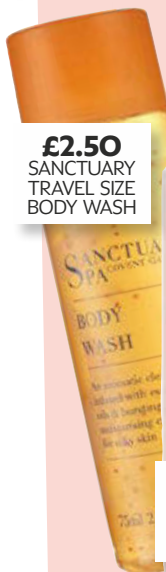
Binky Felstead



'Decant your fave beauty essentials into 100ml containers if you're flying. Head to Boots in the departures lounge and stock up on their amazing minis if you need to. And this Easilocks hairstyler is three in one, so you don't have to choose which hair wand you take – genius!'

£99
EASILOCKS
HAIR HERO

£2.50
SANCTUARY
TRAVEL SIZE
BODY WASH



£2.50
SOAP & GLORY
CLEAN ON ME
SHOWER GEL MINI



£1.99
CHARLES
WORTHINGTON
TAKEAWAYS
SUNSHINE
UV-PROTECTION
SHAMPOO



Celebrity

Beauty
Haul

What the stars pack
when they jet off...

Lucy Watson



£35
KIEHL'S ULTRA
LIGHT DAILY UV
DEFENSE SPF50



'Don't ever travel with make-up on! If you have to wear it in the airport, take some wipes with you – I love Simple Kind to Skin Micellar Cleansing Wipes – and when you've found your seat on the plane, cleanse your face and apply a good moisturiser and lip balm. Your skin gets really dehydrated from the air-con in the plane, so give it an extra-moisturising helping hand with a rich, nourishing cream.'

£3.99
SIMPLE KIND
TO SKIN
MICELLAR
CLEANSING
WIPES



£6.99
DR PAWPAW
ORIGINAL BALM



£14.50
BENEFIT
DANDELION LIP
GLOSS



£5.29
RIMMEL 100%
WATERPROOF
MASCARA



£9.99
L'OREAL ELVIVE
EXTRAORDINARY
OIL MIST



'Wear waterproof mascara so you can head straight to the sun bed the minute you land. Just before you step off the plane, apply some lip gloss – it instantly refreshes your face. Take a protective hair oil on your hols – I use this one from L'Oréal Elvive every day.'

Meeklenburg





Clinically proven 8 hours itch relief. There's no trick, but there is a science.

We call it Oilatum. Clinically proven to significantly reduce itching for up to 8 hours, it's what your baby needs for long-lasting relief from dry, itchy and eczema-prone skin.

Developed by scientists for regular use, our cream **softens** and **hydrates** the skin, creating a protective layer **to prevent future dryness** – helping to **stop the cycle of dry, itchy skin**.

74% of mums felt it left them more in control of their child's dry skin.*

Take comfort in our science.®

Always read the label.

*Unbranded 2-week consumer research study on 150 mums with children with dry skin, aged 6-36 months.



YOU & Improved

Health, heart, happiness –
how to supersize your life

Our fave summer snack is packed with goodness – and is only 87 cals a slice

Watermelon's rich in amino acids, which boost circulation and soothe sore muscles.

Made up of 92 per cent water, it's full of electrolytes and prevents dehydration – perfect for the beach.

High levels of water and fibre ease your digestion, keeping you regular.

Watermelon contains lots of vitamin A to keep your skin and hair looking healthy.

Often called a 'natural Viagra', it contains arginine, which is said to prevent erectile dysfunction!

With a healthy dose of lycopene, it battles heart disease and several cancers.

Woohoo!
Watermelon

TURN FOR MORE ➡

ON TRIAL Spa staycations



£109 a night,
Champneys
Henlow*
The perfect spot
for girly getaways.
Relax. Pamper.
Repeat!



£99
UE ROLL
BLUETOOTH
SPEAKER,
ULTIMATEEARS.COM

game

Check out this
waterproof,
shockproof
speaker that's
souping up
our sunny
activities!



Oh my

This new fitness
range is flying off
the shelves...



£18
MARKS &
SPENCER



£22.50
MARKS &
SPENCER



£19.50
MARKS &
SPENCER



£18
MARKS &
SPENCER

Now
**SMART
GIRLS
FAKE IT**
with
SOLAIT
exclusively at
Superdrug

Our top three anti-ageing tips for summer

1 Swap your
moisturiser
for a high-SPF
cream that's
specifically
for your face.
You'll keep
harmful ageing
UVA and UVB
rays at bay and
you'll get an
instant sheen.

2 A matt
sunscreen
will stop skin
sweating and
make-up
slipping. Plus
it protects you
against sun
damage and
wrinkles for
longer, as it
stays in place.

3 Drink
plenty of
water to stay
hydrated
and choose a
moisturising
sun cream
to fight the
early signs
of ageing
and keep
skin supple.

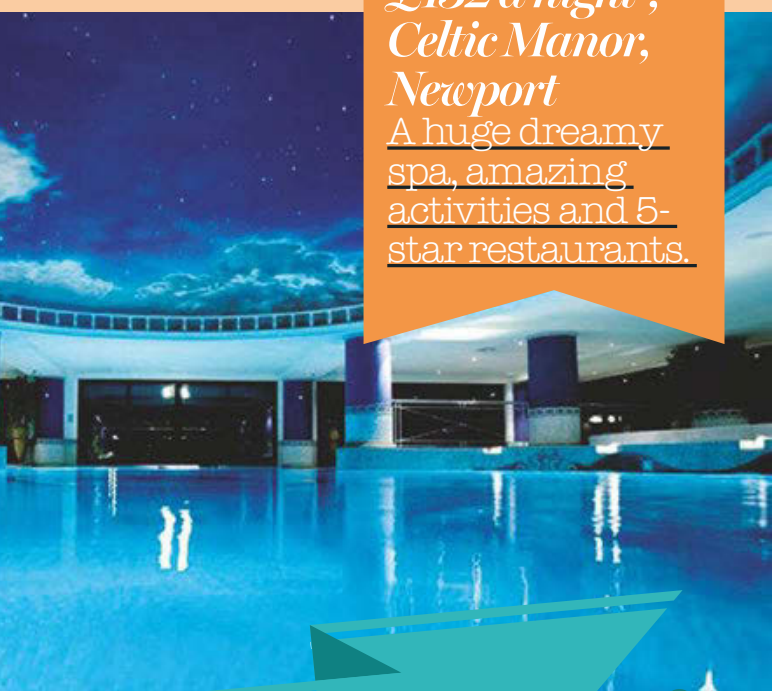


£3.99
SUPERDRUG
SOLAIT
ANTI-AGEING
FACE FLUID

This
sunscreen
ticks all these
suncare boxes, plus it's
enriched with vitamin E,
which protects your skin
against free radicals.

#Winning

£132 a night,
Celtic Manor,
Newport*
A huge dreamy
spa, amazing
activities and 5-
star restaurants.



£250 a night,
Dormy House,
the Cotswolds*
Supreme luxury
for when you're in
need of a treat. Go
on, spoil yourself!



M&S!



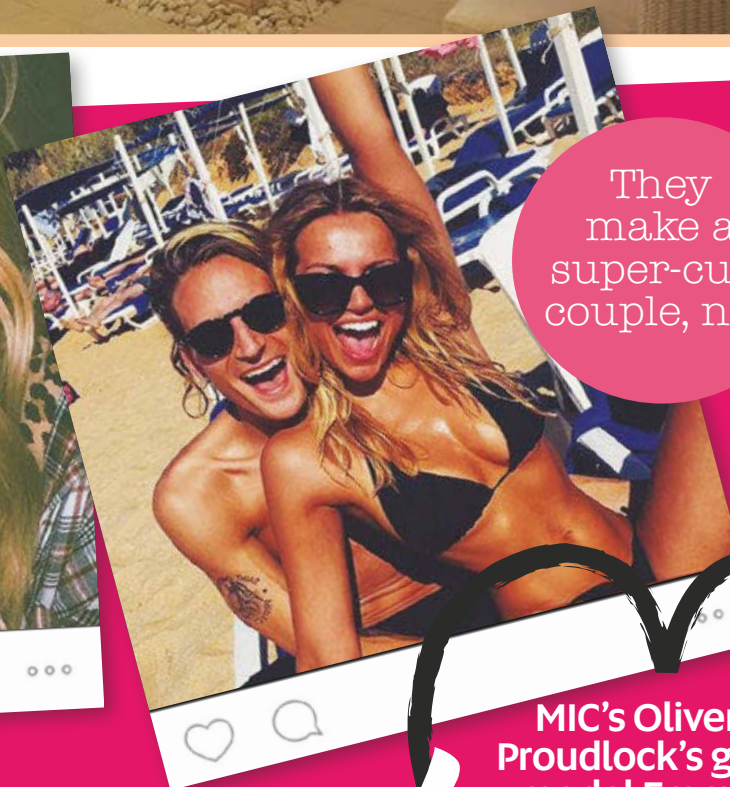
£29.50
MARKS &
SPENCER



£12.50
MARKS &
SPENCER

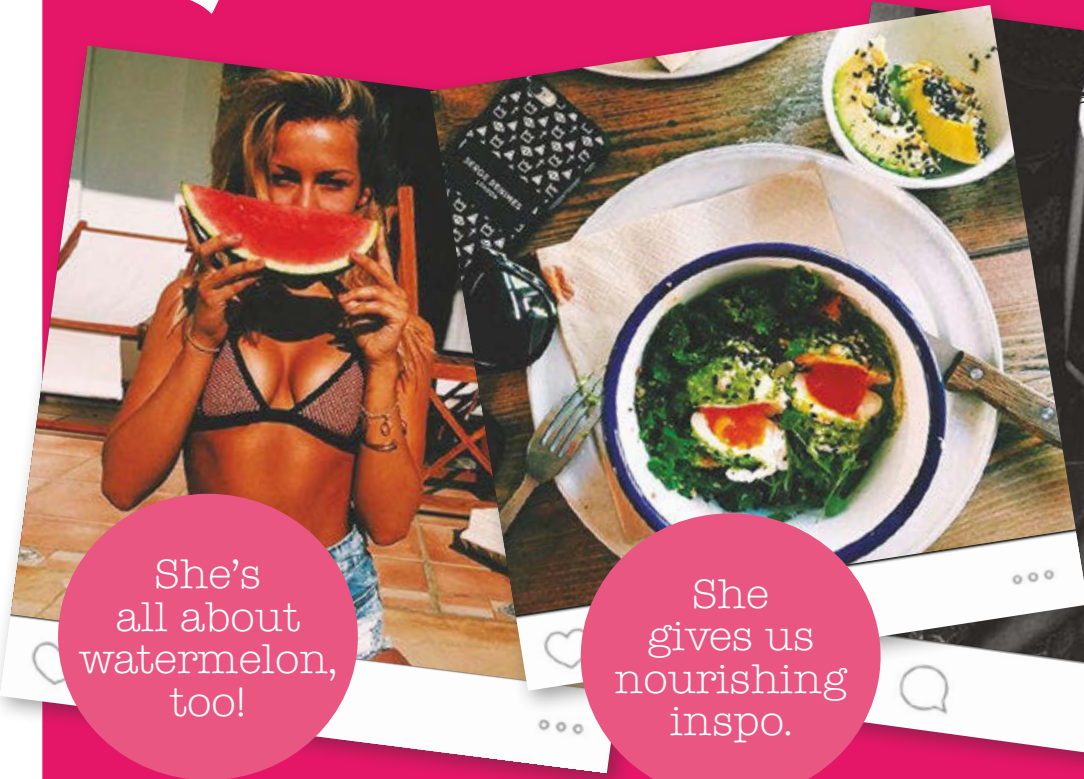


Em does
'the tongue'
better than
Miley.



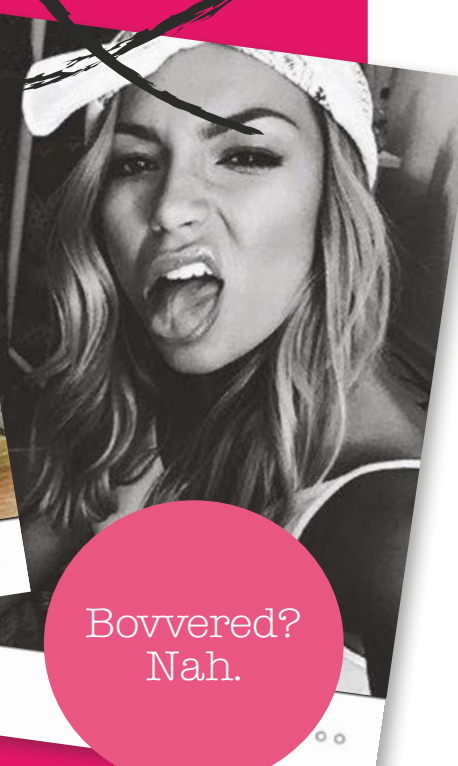
They
make a
super-cute
couple, no?

Instacrush



She's
all about
watermelon,
too!

She
gives us
nourishing
inspo.



Bovvered?
Nah.



©2015 Kellogg Company

LET
SPECIAL K
SURPRISE
YOU
TODAY

Discover our range in store.



Tem Daly

DELICIOUS NEW RECIPES



Oh My Bod.

You & Improved

EastEnders' **Preeya Kalidas**, 35,

shares her top-to-toe health secrets

'I cut out carbs after 4pm'

HEIGHT: 5FT 1IN
WEIGHT: 7ST 5LB
DRESS SIZE: 6-8

Do you work out?
I go to Gym Class at Holland Park – that's the name of the studio and the class. It's a mix of TRX [suspension training], weights and cycling. Then I use different things like ropes. It's really varied, which is good as I get quite bored.

What's your favourite exercise?
I live opposite a lovely big park, so I like to do outdoor stuff like running. That is, I don't love running, but I do enjoy brisk walking!

Have you had to get fit for Bend It Like Beckham: The Musical?
I play Jess's sister Pinky and it's a fairly active role as I'm moving about and dancing. The outfits are quite revealing, so I cut out carbs after 4pm, then I don't feel bloated.

Which area of your body do you have to work the hardest on?
My stomach. It's such a weird area for a woman. Sometimes you can change your diet and do exercise, but that one little area just doesn't want to go, which is why I'm careful with food that really bloats it.

What's your favourite part of your body?
My waist. I'm not skinny and never have been, but I've always had a shapely body and curves. I used to hate that, but now I embrace it and think: 'Gosh, thank God I do.'

What's your guilty food pleasure?
I do love food! My favourite is fries – not chips, but fries with mayonnaise.

Preeya's starring in Bend It Like Beckham: The Musical at The Phoenix Theatre, London (benditlikebeckhamthemusical.co.uk)

PREEYA'S FOOD DIARY

Now's expert sports nutritionist **Ollie Frost** gives his verdict on her daily diet



Breakfast

A nice smoothie made with my NutriBullet. I like oats with banana, mango and soya yogurt.

OLLIE SAYS This is great for a morning energy boost. Fruit is low in calories and high in vitamins and minerals, while oats are complex carbs that are digested slowly, giving you lasting energy.

307 cals



Lunch

Roast chicken with paprika, salad and sweet potato mash. Tasty but healthy.

OLLIE SAYS Chicken is high in protein, low in fat – ideal for calorie controlled eating. Salads are low-energy foods that add bulk without extra calories. Sweet potato contains anti-stress mineral magnesium.

408 cals



Dinner

I'd have fish – probably salmon with some couscous and asparagus.

OLLIE SAYS Salmon contains omega-3 fatty acids that provide support for joints and insulin control and it helps combat inflammation in the digestive system. Couscous is high in fibre and protein.

575 cals



Snacks

Popcorn and almonds. I also take boiled eggs to work – they make a good snack.

OLLIE SAYS Nuts and eggs are both high in protein, which helps your body build new cells and muscles and promotes a strong immune system while keeping you feeling fuller for longer.

296 cals



TOTAL CALS 1,586 (GDA 2,000)

VERDICT Preeya's diet is well balanced – she's providing her body with enough carbohydrates to perform her best in the gym and recover from her workouts, as well as supporting this with high amounts of protein to help her burn fat and create lean muscle tissue. Snacking on small amounts of popcorn allows her to sustain a healthy lifestyle without it feeling like a restrictive 'diet'.

Follow Ollie on Twitter @Ollie_Frost



Treat verrucas and warts fast
or they can go **around and around**



Look for the UK's No.1 selling treatment range*
Bazuka that verruca. Bazuka that wart.

Towel
rail

Practise your old
skool skillz with
this diablo game



£4
TIGER

£2.99
BEACH MAT,
DUNELM



£9
FOR FOUR
NEXT



FRAME £40
SLING £15
BOTH JOHN
LEWIS

BYO! No
need to wait
your turn
with this
deckchair

£8
TESCO

£20
DEBENHAMS

£8
TESCO

Life's a
beach!

Heading to the surf this summer? Grab these hot buys!



VIEW QUEST DAB +
FM RADIO
£99.99
BATTERY PACK
& STRAP
£29.99
BOTH MYVQ.CO.UK

Use the
carry-
strap and
battery
pack to
make it
portable!



£49
OUTTHERE
INTERIORS.COM

NOW
LOVES



£29.99
AMAZON.
CO.UK

Play cool
tunes with
this clip-on
Bluetooth
speaker



£7
TIGER



£1
WILKO



£59.99
BAR-BE-QUICK
BARBECUE,
ARGOS



£10
WILKO

£5
GEORGE
AT ASDA

£6.99
H&M

Now PROMOTION

Be sun safe this **SUMMER**

Protect your skin for a healthy glow

Summer is our favourite time of year, but as much as we love relaxing in the sun, we don't mess around when it comes to protecting our skin. That's why we've launched our summer skincare campaign, Smart Girls Fake It, with Superdrug.

Achieving the perfect tan can dry out and age the skin, and pose some big health risks, but thanks to the Solait range, exclusively available at Superdrug, sensible tanning couldn't be easier.

Packed with all you need no

matter what your skin type or age, the Solait range is all 5 Star UVA Approved and has been developed with the best UVA (ageing) and UVB (burning) protection. If that wasn't enough, it's also cruelty-free and comes with a 100% Happiness Guarantee.*

Sound expensive? Relax – the purse-friendly prices will come as a very pleasant surprise. That means you can indulge your skin with lots of sunsafe TLC and enjoy That Superdrug Feeling all summer long too!



Sun saviours

Here are a few of our favourites from the Solait suncare range...

1

£7.99
SOLAIT
LOTION
SPF30,
200ML



2

£9.99
SOLAIT
SENSITIVE
LOTION
SPF30,
200ML



3

£3.99
SOLAIT
FACE
FLUID
SPF30,
50ML

1) Excellent all-rounder

Lightweight, non-greasy and easy to apply, Solait Sun Lotion SPF30 got a Which? Best Buy thumbs-up.

2) Sensitive skin hero

Fragrance-free, dermatologically approved and water-resistant, Solait Sensitive Lotion SPF30 is the go-to product for skin that's easily irritated.

3) Complexion protection

Solait's Face Fluid SPF30 helps defend sun damage and premature ageing, as well as giving 24-hour hydration.

4) Clear winner

Solait Clear Spray SPF50 is a high-protection sun spray that's quick-drying, non-greasy and water-resistant too.

5) Soothe operator

Solait After Sun Aloe Vera Gel is enriched with vitamin B5, Aloe Vera and cucumber extract, which cools, soothes and moisturises skin.



4

£9.99
SOLAIT
CLEAR
SPRAY
SPF50,
150ML

5

£6.99
SOLAIT
AFTER SUN
GEL, 400ML



GET 20% OFF SOLAIT Exclusively at Superdrug

To customer: This voucher entitles you to 20% off the current price when you purchase any Superdrug Solait Sun Care or Bronzing product at Superdrug. Only original vouchers will be accepted - photocopies are not valid. This offer is subject to availability and is redeemable at Superdrug only. [This offer is not

available online at www.superdrug.com]. No cash alternatives will be offered. Only one voucher may be used per person per transaction. Not to be used in conjunction with any other voucher, offer or discount card. Voucher will be retained by the cashier.

Voucher valid until: 25 August, 2015

To cashier: Scan the coupon line (along with the customer's shopping if applicable) through the till. Scan the coupon barcode before pressing 'Enter' to subtotal – the till will automatically deduct the price of the giveaway line. Note: You must scan the product before scanning the coupon barcode otherwise the till will not recognise the coupon barcode. Press 'Enter' to subtotal. Continue transaction as usual. The coupon must be retained in store and attached to your daily cash paperwork. DO NOT return the coupons to Valassis/NCH.



9 299740 645836

**20% off
Solait**

To save money on all your Solait purchases, present the coupon (left) at the checkout before 25 August, 2015. For more information on the Solait range, go to superdrug.com

that **Superdrug** feeling
superdrug.com



*Your 100% Happiness Guarantee. Just bring your receipt and we'll give you back the product's price on that day and we'll also give you a voucher for 25% off the next time you buy something from our Own Brand range. We will not be able to refund or exchange medicines or vitamins unless they are faulty. We might alter or withdraw this guarantee at any time.

Scopes

SATURDAY 11-FRIDAY 17 JULY

Your week ahead with **David Wells**

You & Improved



NATASHA HAMILTON

turns 33
on 17 July

IF IT'S YOUR BIRTHDAY THIS WEEK...

You're in a moment of great change and knowing what you want is what it's all about. But that's not the same as getting your own way all the time. Help from someone close to you may be annoying, but you know they're on your side. Fateful moments for your love life are very clear – by September, someone's feelings for you are confirmed loud and clear.

CANCER 21 Jun-22 Jul

If someone's challenging your words of wisdom, confront them. Alternatively, you can stew, let it bubble and wait until it all explodes in a very messy moment. Better out than in.

Call for more on your New Moon.
UK: 0905 8171564* IRL: 1560 787904*

LIBRA 23 Sep-22 Oct

Although there's some tough talking going on, it's not about getting angry or even – it's about getting what you want. You might not agree with the how or why, but the results will suit you.

New people and places – call me.
UK: 0905 8171567* IRL: 1560 787907*

CAPRICORN 22 Dec-20 Jan

This is a week for love, family and friends, and for winning arguments. You're on to a good thing, but remember to speak the truth no matter what might unfold as a consequence.

True colours are shown. Call me.
UK: 0905 8171570* IRL: 1560 787910*

ARIES 21 Mar-20 Apr

A domestic matter rules, with fire-breathing dragons and envoys working hard to keep the peace, but it's all an act. Soon someone will calm down enough to compromise.

Call to hear more about a romance.
UK: 0905 8171561* IRL: 1560 787901*

LEO 23 Jul-22 Aug

As Jupiter and Venus join forces in your sign, you're feeling generous. Just watch you don't overdo it and leave yourself short. Venus could also bring a romantic choice or two.

A week of excess – call me.
UK: 0905 8171565* IRL: 1560 787905*

SCORPIO 23 Oct-22 Nov

Gift horses are forming a queue, with offers coming in thick and fast. Some may be missed in the stampede, but don't panic – Jupiter and Venus have a winning bet on your success.

Call for more on making choices.
UK: 0905 8171568* IRL: 1560 787908*

AQUARIUS 21 Jan-19 Feb

Choices are abundant, but take some time to think each and every consequence through before you go altering your plans. There's no going back – you've already used that ticket.

Call for more on love and money.
UK: 0905 8171571* IRL: 1560 787911*

TAURUS 21 Apr-21 May

It's all too easy to reach for the chocolate when things aren't going your way, but everything is about to turn in your favour. Clear communication is what's needed right now.

House move on the cards? Call me.
UK: 0905 8171562* IRL: 1560 787902*

VIRGO 23 Aug-22 Sep

It's not wise to share all your ideas with those who want to know what you're thinking – for their own gain, it has to be said. Imagine that – others pinching your ideas! Shocking.

Call for more on romantic advances.
UK: 0905 8171566* IRL: 1560 787906*

SAGITTARIUS 23 Nov-21 Dec

With an eye on what someone's truly bringing to a situation, forge ahead – but make sure you don't take over completely. Allow space for a mate, partner or colleague to do their bit.

Reinforce partnerships – call me.
UK: 0905 8171569* IRL: 1560 787909*

PISCES 20 Feb-20 Mar

It's what you wanted, so here it is – and now you've realised things may not be how they were advertised. Shift things around until they are. Nothing is ever cast in stone.

New Moon, new romance? Call me.
UK: 0905 8171572* IRL: 1560 787912*

GEMINI 22 May-20 Jun

You know you're doing everything you can to keep things moving on the money front. You're watching every penny, aren't you? But some financial wizardry is required.

Call for more on smooth talking.
UK: 0905 8171563* IRL: 1560 787903*

*Calls cost 80p per minute (ROI €1.28) plus your telephone company's network access charge and last approx 4 mins. Users must be over 18. Weekly lines updated on Saturdays. For entertainment purposes only. SP/IP: Spoke (UK: 0333 202 3390/ROI: 01437 8815).

Now LIVE HOROSCOPE READINGS

Pay on your phone bill: call **0906 344 0983** UK £1.53/min**
or **1580 923 427** IRL €2.40/min**

You can also pay using
your debit/credit card
Call 0800 063 0772**
Or text NOW then your question
to 86655 £3/text reading (UK only)***

General Tarot
UK: 0906 174 1391 £1.53/min**
IRL: 1580 923 429 €2.40/min**
Or text TAROTNOW then your question
to 86655 £3/text reading (UK only)***

Live Astrologers
Call 0906 344 0311 £1.53/min (UK only)**
Or text ASTRONOW (space) your date of
birth (DDMMYY) and your question to 86655
£1.50 per msg x 2 (UK only)***



Calls cost £1.50 per minute (ROI €2.40) plus your telephone company's network access charge. Max call length 19.6 mins. Lines open 8am-1am every day; calls made outside of these hours will be charged. Booking line available Mon-Fri 9am-5.30pm. All calls recorded. Callers must be over 18. You must have the bill payer's permission. *Text readings cost £3 plus standard rate message. Psychics will promptly reply to all messages. For entertainment purposes only. When you text a psychic, you will get marketing messages from Time Inc. (UK) Ltd and Now magazine. However you can reply NOINFO at any time to unsubscribe from marketing messages. SP (UK)/IP (Eire): Spoke. Helpline: UK 0333 202 3392/ROI: 01437 8815 (9am-5pm, Mon-Fri). This service is regulated by PhonepayPlus.

The

Fix

What'll get
your pulse
racing
this week

FILM



Bear WITH US



Ted 2 *At cinemas 8 July*

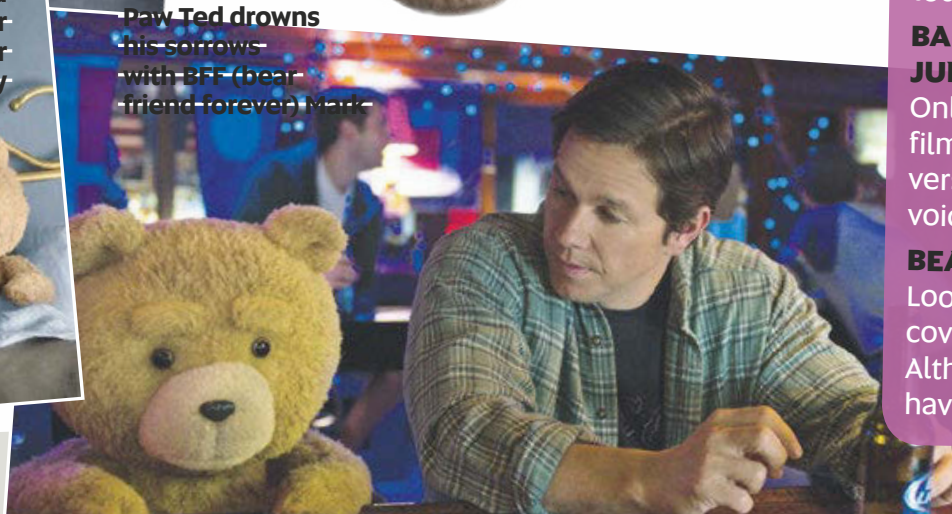
We've got some furry important news (sorry, we had to!). Ted's back for round two and he's just as inappropriate as ever. After marrying his human wife Tami-Lynn (Jessica Barth), Ted (voiced by Seth MacFarlane) is ready to become a dad. The only problem is, teddy bears and humans can't, you know, procreate – so he needs a sperm donor. With the help of his mate John (Mark Wahlberg), Ted also has to prove to a court of law that he's an actual person, which is hard when you're all covered in fur. Ted starts

a legal battle to become an official human – and it's so funny you might burst. Just don't mention that Ted's a bear...



Tami-Lynn and Ted lack the bear necessities for having a baby

Now Ted drowns his sorrows with BFF (bear friend forever) Mark



PAWS FOR THOUGHT

Ted's not the only cute bear around here, you know...

PADDINGTON

Lover of marmalade and duffle coats – no, we're not talking about Jonathan Creek. Paddington Bear has had our hearts since we were three.

FOZZIE

The joke-telling Muppet is all kinds of cute, although he loses points because he's not able to hibernate. We've got tough criteria, OK?

BALOO FROM THE JUNGLE BOOK

Only the hero in the best Disney film of all time. And there's a new version coming out with Baloo voiced by BILL MURRAY! Yay.

BEAR GRYLLS

Look, you don't have to be covered in fur to be a bear. Although we reckon Bear does have a lovely chest rug.



A quickie with...

RYAN UZMAN

We chat to *The Boy Next Door* star Ryan, 27

Tell us about the film, Ryan.

It's a thriller based on a mother Claire [Jennifer Lopez] who has a fling with a younger man and he then becomes obsessed with her. I play the obsessed guy Noah.

How was it playing a stalker?

I loved it – the main reason being that it's so different from my actual persona, which is good for you to know! I loved playing someone with quirks like that. I let go of myself and got fully immersed in the character.

Have you had any crazy fans?

Not stalkers, but I do get the odd fan who's a bit full on. There was an extra once who started clawing at me, trying to grab my stomach and chest. That was a bit much. I had to tell the guys in charge she

wouldn't leave me alone and it was throwing me off my acting!

How was it working with J-Lo?

Amazing, of course. She's fantastic and we had great chemistry on set.

Did you have a crush on her when you were younger?

Who didn't? One of my best friend's wives is a massive fan and dressed up like her for Halloween once. When I said I was working with Jennifer she went mad!

Did anything embarrassing happen in front of Jen?

Oh God, yes. During one intimate scene I had to pick her up. But she's really light and I didn't realise my own strength, so I ended up throwing her in the air and she hit her head on the ceiling!

The Boy Next Door is out now on DVD



GOOD Vibrations

Love & Mercy At cinemas 10 July
John Cusack and Paul Dano both star as Beach Boys genius Brian Wilson. John plays him in the 80s, Paul plays him in the 60s – and

they're both incredible. Brian's life story is explored, including his psychosis as a result of taking LSD. You'll never listen to Beach Boys songs the same way again.

THE HOT SPOT

What makes us sizzle or leaves us cold

SO NOW

FESTIVAL



Missy Elliott at Bestival

Isle of Wight, 10-13 September (bestival.net)

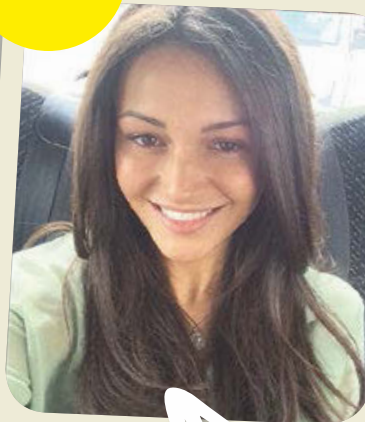
We can't wait to don a shell suit and Work It with her!

Japple Pie Ice Cream

Yo! Sushi, £4.90

Apple and gyozas with vanilla black sesame ice cream, raspberry crumble and salted miso caramel? YES.

TV



Michelle Keegan in Our Girl

Mich is the new star of the BBC army drama. And she'll look damn fine in camouflage.

The Human Centipede 3

At cinemas now

The third film in the gross franchise. No, we won't be going to see it.

FILM

Libido drips

The latest thing to help your man get in the mood. What's wrong with oysters?



We'd even prefer a real centipede

SO NEVER

"GUARANTEED TO SEND YOU BANANAS"



THE SUN



METRO



TOTAL FILM



TIME OUT

"RIDICULOUSLY FUN"

METRO



GRAZIA



MTV UK

"DESPICABLY FUNNY"

MTV UK



OK!

"A GREAT FILM FOR THE WHOLE FAMILY"

OK!



ILLUMINATION PRESENTS

minions

IN CINEMAS NOW

BOOK NOW IN 3D & 2D



Chilling IN

The Outcast

BBC1, 9pm, 12 July

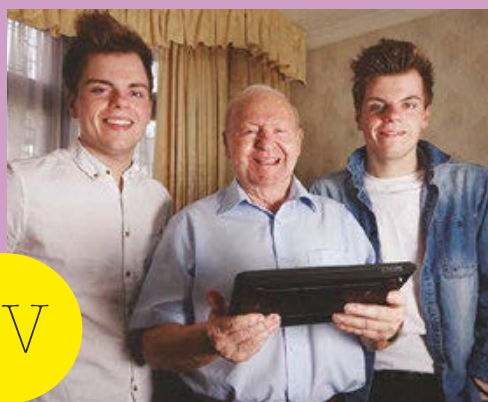
It's time for a great new Beeb drama to get your teeth stuck into. In post-War Britain, Lewis Aldridge (George MacKay) is living with his emotionally distant dad after his mum has died. And then his bad behaviour starts to spiral out of control...

TV

OAP Internet Virgins

Sky 1, 8pm, 16 July

Ever got stressed showing your mum how to use the computer? Us too. Now imagine showing your gran how to make a GIF. This LOL-some show tasks trendy YouTubers with teaching OAPs about the net. It's good.



TV

SINGLE



Black Magic by Little Mix

Out 10 July

The UK's best girl band are back with a new track and it's total pop perfection. The video is a mix of Mean Girls and Sabrina The Teenage Witch and will have you looking up how to do 'spells' on the internet.

Communion by Years & Years

Out 10 July

We can't imagine what we used to listen to before this band burst onto the scene (aside from Little Mix, obvs). Their excellent debut album contains laid-back tracks like new single Shine, as well as previous hits Desire and King.



ALBUM

Chilling OUT



EVENT

Singha Street Bar

Dalston Yard, East London, until 26 September

(streetfeastlondon.com/where/dalston-yard)

Head down to this drool-inducing street food event to enjoy delish Thai food.

Festival No 6

Portmeirion, Gwynedd, 3-6 September

(festivalnumber6.com)

Could this be the poshest festival ever? Belle & Sebastian, Grace Jones and Metronomy play at this 'bespoke' party in a beautiful Welsh village.



FESTIVAL



V Festival,

Hylands Park, Chelmsford, & Weston Park, Staffordshire, 22-23 August

(vfestival.com) Catch the likes of Calvin Harris, Kasabian and Sam Smith while trying not to hurt your neck spotting all the celebs.

FESTIVAL

Shoes: Pleasure And Pain

V&A, London, until 31 January 2016

(vam.ac.uk) This brilliant new exhibition charts the history of footwear – from ancient Egyptian gold sandals to Jimmy Choos.

EVENT



SAVE UP TO 27% ON THE FULL PRICE

SUBSCRIBE TO
NOW
FROM £14.99*

SUBSCRIBE AT MAGAZINESDIRECT.COM/13MS
OR CALL 0330 333 4555 QUOTING 13M

*When you pay quarterly by UK Direct Debit. Offer open to new subscribers only. Calls to 0330 numbers will be charged at no more than a national landline call and may be included in your phone provider's call bundle. Final closing date for all orders is 30 September 2015. All orders purchased will begin with the first available issue – please allow up to six weeks for delivery (eight weeks for overseas orders). The free digital version can be withdrawn at any time during the subscription period. Direct Debit offer is available to UK subscribers only. The full subscription rate is for one year (50 issues) and includes postage and packaging. If the magazine ordered changes frequency per annum, we will honour the number of issues paid for, not the term of the subscription. For enquiries and overseas rates, contact magazinesdirect@quadrantsubs.com or call +44 330 333 0233.



FREE!
Trial digital version for iPad & iPhone with every subscription

Now

Classified

Telephone 020 3148 2932

Fax 020 3148 8160

CHAT OR DATE
10p per min
WOMEN CHAT FREE!*
WOMEN: 0800 075 7397
MEN: 0871 908 2173
GAY: 0871 908 1435

18+. Helpdesk 0207 966 9686. 0871 = 10p per min + your network's access charge. 0800 = free. Bill payers permission. Live calls recorded. SP: 4D.

DATE CHAT
WOMEN CALL FREE
0800 075 5675
MEN: 0871 908 1504
GAY: 0871 908 1563

Psychic Sofa
The best Psychics and Mediums in the UK
Credit Card
70p per minute
20mins=£16.80, 40mins=£28.80, 60mins=£42. All prices inc.vat
Live Readings **0904 203 2004***
Text answers! Txt: SOFA + Question to 67755 | £1.50 PER MSG

RJ Media PO Box 4504 M61 0GL. *Calls to 0904 cost 82p/min plus your network access charge. Over 18s. Calls recorded. Mobile costs may vary. For entertainment purposes only. We may send promo msgs. To opt out of marketing send STOP ALL to 67755 at any time. Helpline 0161 607 5017. Text cost £1.50 each to receive + standard network rate (max 2 replies per message).

Let Your Spirit Be Your Guide
0905 295 0068
CREDIT CARD SPECIAL OFFER
0800 075 7720
71p per min
CREDIT CARD ONLY
£9.99
FOR 15 MIN READING
18+. 09 = 71p per min + your network's access charge. Bill payers permission. Calls recorded. For entertainment purposes only. SP: PSL. Helpdesk 0207 966 9646.

TEXT CHAT!
women text: enow
men text: mnow
gay text: gnow
FREE FOR WOMEN* to: **69866**
1st 5 msgs FREE. £1.50 for 5 msgs sent/recvd thereafter.

18+. Helpdesk 0207 966 9616. *Standard network charges apply. Women: Network charges only. Send STOP to 69866 to stop. You may be sent free mktg msgs for similar services. Text NO INFO to 69866 to opt out. IP: X-On.

CHAT OR DATE
WOMEN CALL FREE
0800 075 8587
MEN: 0871 908 6692
GAY: 0871 908 2205

18+. Helpdesk 0207 966 9686. 0871 = 10p per min + your network's access charge 0800 = free. Live calls recorded. SP: 4D.

FABRIC LAND
MAIL ORDER SERVICE
NOVELTY DANCE AND SWIMWEAR LYCRA
CRAFT COTTON/SATINS FOR BRIDE & BRIDESMAIDS
TELEPHONE 01425 461444 FOR SWATCH CARDS
www.fabricland.co.uk

molestick
by sunberrie
NEW Molestick
SPF 30+ Precision Stick
SAVE 50%
NOW ONLY £4.50 plus Free P+P
LIMITED TIME ONLY
Protect Moles, Scars, Birthmarks and vulnerable area whilst tanning
www.molestick.com



Rock|that|Look.co.uk
Fashion that Rocks!

For all latest in
Celebrity Inspired
Women's Fashion &
Clothing.

Look no Further

Use Code 'NOW20' for a massive
20% off your first order

FREE SHIPPING

Shop Now
at

Rock|that|Look.co.uk
Fashion that Rocks!



Celebword

Fill in our crossword grid below and the letters in the yellow squares will spell out the answer to this bonus question: what does Catherine Zeta Jones say she uses to keep her teeth white?

ACROSS

- 11 Wrist jewellery, bangle (8)
12 Answer (5)
13 Fluffy dessert (6)
14 Rescue (4)
15 US politician in the upper house (7)
16 Words on an invitation meaning formal dress (5,3)
17 King Arthur's castle (7)
18 Sailor's bed (7)
19 Ensnare (4)
21 Propel a bicycle (5)
23 Explosive mountain (7)
24 Held in high regard (7)
28 Green citrus fruit (4)
29 Word of consent (3)
30 Fishing gear (6)
33 Cardboard coaster in a pub (7)
35 By way of (3)
36 Cattle (4)
38 Hobble along (4)
39 Rocks in Scotch? (3)
40 Type of cream in a cream tea (7)
42 Truthful and above board (6)
43 Veto (3)
44 Metal money (4)
48 Decision of a jury (7)
50 Hoarding (7)
51 Adult tadpoles (5)
54 Male deer (4)
56 Library users (7)
57 Large incinerator (7)
60 Going into (8)
61 Dried fruit (7)
63 Useful utensil (4)
64 USA's most northerly state (6)
65 Take the helm (5)
66 Added salt and pepper (8)

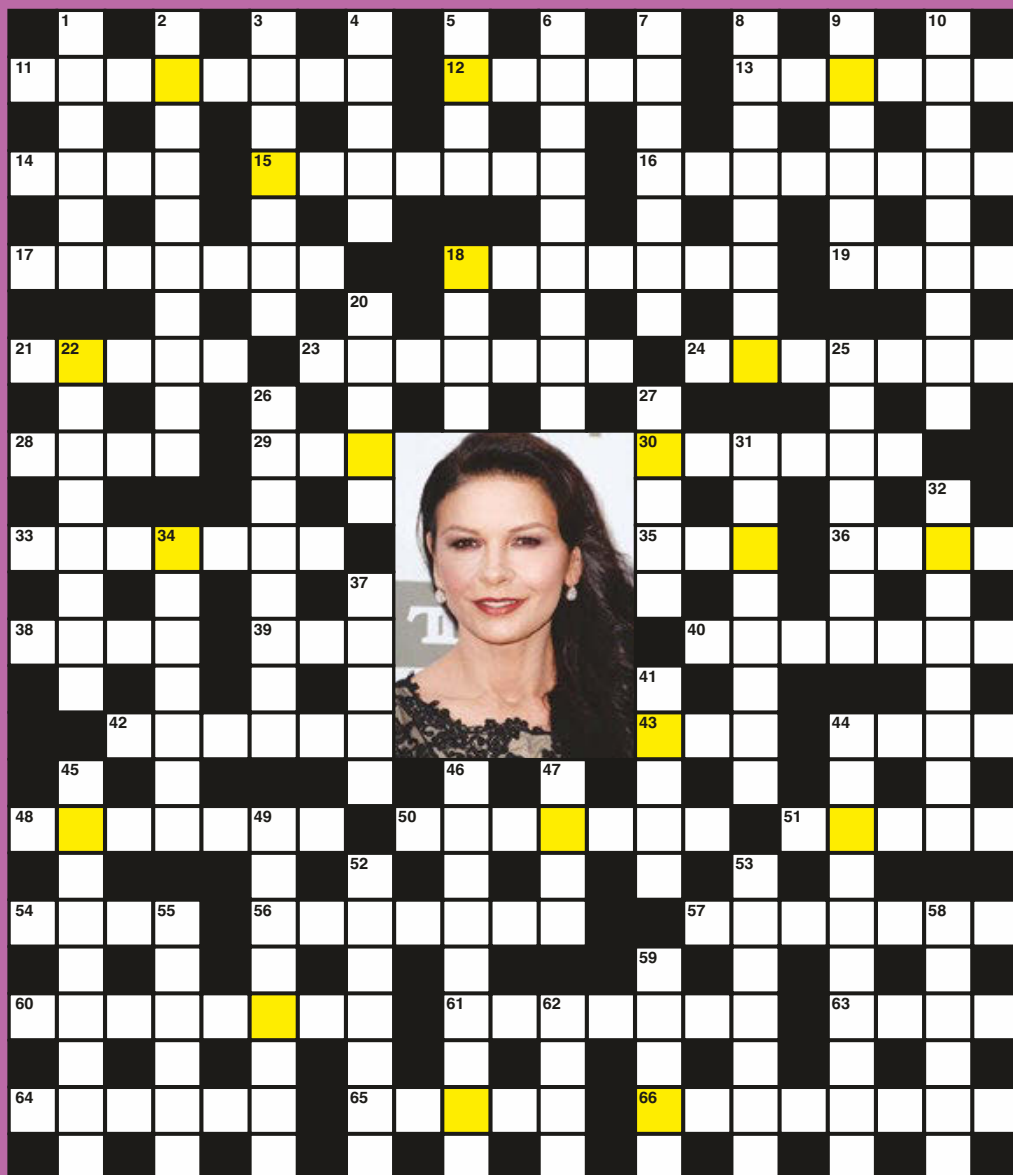
DOWN

- 1 Spanish invasion fleet in 1588 (6)

- 2 Step on the gas (10)
3 Scottish city (7)
4 14 pounds (5)
5 Worry (4)
6 American term for a flat (9)
7 Facial hair, often plucked (7)
8 Boarded a ship (8)
9 Pail (6)
10 Made an educated guess (9)
18 Cut roughly (4)
20 Stallion or mare (5)

- 22 Widespread outbreak of a disease (8)
25 Illegal (7)
26 Explosive stuff (8)
27 Cooker (5)
31 Moving on all fours (8)
32 Posting on Twitter (8)
34 Rope pulled by a parachutist (3-4)
37 Green Italian sauce (5)
41 Very hard, dark wood (5)
44 Monarch's inauguration (10)
45 Four-sided shape,

- oblong (9)
46 Bed carried by paramedics (9)
47 Greek god of love (4)
49 Knitted jacket (8)
52 Biggest (7)
53 Household chores item, usually pairs with a brush (7)
55 Thick oil (6)
58 Meadow plant, lucky when four-leaved (6)
59 Boggy land (5)
62 Barely cooked (4)



ANSWERS

ACROSS 11 Bracelet 12 Reply 13 Mousse 14 Save 15 Senator 16 Black 17 Camelot 18 Hammock 19 Trap 20 Pedal 21 Volcano 22 Epidemic 23 Illicit 24 Dynamite 27 Stove 31 Crawling 32 Tweeting 34 Rip-cord 37 Pesto 41 Ebony 44 Coronation 45 Rectangle 46 Stretcher 47 Eros 49 Cardigan 52 Largest 53 Dustpan 55 Grease 58 Clover 59 Marsh 62 Rare Bonus answer: Crushed strawberries

DOWN 1 Armada 2 Accelerate 3 Glasgow 4 Stone 5 Fret 6 Apartment 7 Eyebrow 8 Embarked 9 Bucket 10 Estimated 18 Hack 20 Horse Storing 51 Frog 54 Stage 56 Readers 57 Furnace 60 Entering 61 Current 63 Tool 64 Alaska 65 Steer 66 Seasoned

Admitted 28 Lime 29 Yes 30 Tackle 35 Bearmat 35 Via 36 Cow 38 Limp 39 Ice 40 Clotted 42 Honest 43 Ban 44 Coin 48 Verdick 50

Photo: PA

To get in touch with Now, email nowmagletters@timeinc.com. Tweet us @NowMag, post in our Facebook group at [facebook.com/NowMag](https://www.facebook.com/NowMag) or write to us at the address on the right. We regret we cannot answer letters.

Time Inc. (UK) Ltd reserves the right to reuse any submission sent to Now in any format or medium.

COMPETITIONS - GENERAL TERMS AND CONDITIONS Competition details form part of these terms and conditions. Entry is open to residents of the UK, Channel Islands and Isle of Man except employees (and their families) of Time Inc. (UK) Ltd, its printers and agents, the suppliers of the prizes and any other companies associated with the competitions. The winner(s) must be aged 18 or over. Proof of identity and age may be required. Use of a false name or address will result in disqualification. Entries that are incomplete, illegible, indecipherable, or inaudible (if made by phone) will not be valid and deemed void. All entries must be made directly by the person entering the competition. Entries made online using methods generated by a script, macro or the use of automated devices will be void. No responsibility can be accepted for entries lost, damaged or delayed in the post, or due to computer error in transit. The prizes are as stated, are not transferable to another individual and no cash or other alternatives will be offered. The winner(s) is (are) responsible for expenses and arrangements not specifically included in the prizes, including any necessary travel documents, passports and visas. Prizes are subject to availability and the prize suppliers' terms and conditions. The promoters reserve the right to amend or alter the terms of competitions at any time and reject entries from entrants not entering into the spirit of the competition. In the event of a prize being unavailable, the promoter reserves the right to offer an alternative prize of equal or greater value. The winner(s) agree(s) to the use of their name, photograph and disclosure of county of residence and will co-operate with any other reasonable requests by Time Inc. (UK) Ltd relating to any post-winning publicity. Unless stated otherwise all postal entries must be made on the relevant coupon or form printed in the magazine. Unless stated otherwise the winner(s) will be drawn at random from all correct entries received by the closing date stated within the promotional material. Reasonable efforts will be made to contact the winner(s). If the winner(s) cannot be contacted, or are unable to comply with these terms and conditions, the promoter reserves the right to offer the prize to the next eligible entrant drawn at random, or in the event that the promotion is being judged the promoter reserves the right to offer the prize to the runner(s)-up selected by the same judges. Confirmation of the prize will be made in writing to the winner(s). Failure to respond and/or provide an address for delivery, or failure to meet the eligibility requirements may result in forfeiture of the prize. Where applicable, the decision of the judges is final, based on the criteria set out in the promotion, and no correspondence will be entered into over this decision. Competitions may be modified or withdrawn at any time. The provider of the prize is specified within the promotional material. The promoter is Time Inc. (UK) Ltd, Blue Fin Building, 110 Southwark Street, London SE1 0SU. In the event of a discrepancy between these standard terms and conditions and the details in the promotional material, the details of the promotional material shall prevail. A list of winners will be available by writing to the publisher of the magazine or website at the promoter's address no earlier than six weeks, unless otherwise stated, after the close of the competition. Only the surname and county of the winners will be disclosed. Where a coupon or token is necessary for entry, residents of Northern Ireland only may send a stamped, self-addressed envelope to Promotions Dept, Room 505, Time Inc. (UK) Ltd, Blue Fin Building, 110 Southwark Street, London SE1 0SU for a free copy of such token or coupons.

Now incorporating Here! This periodical shall not, without the written consent of the publishers first given, be lent, resold, hired out or otherwise disposed of by way of trade at more than the recommended selling price shown on the front cover, and it shall not be lent, resold or hired out or otherwise disposed of in a mutilated condition or in any other unauthorised cover by way of trade or affixed to or as part of any publication or advertising, literary or pictorial matter whatsoever. © Time Inc. (UK) Ltd 2015. We regret we cannot be liable for the safe custody or return of any unsolicited material. We do not accept or return unsolicited manuscripts. The editor reserves the right to shorten or modify any letter or material submitted. We regret we cannot be liable for the safe custody or return of any material submitted. Now is printed in England by Polestar Sheffield Ltd, part of the Polestar Group Ltd. Prepress origination by Rhapsody. Published by Time Inc. (UK) Ltd. Distributed by Marketforce. All prices correct at time of going to press. Subscription rates: one year (including P&P): UK £82.65; Europe €174.60; North America \$227.30; rest of world £148.75. For UK subscription enquiries, call 0844 848 0848 and for enquires from overseas, call +44(0)330 3330 233 or email magazinesdirect@quadrantsubs.com.

Now

Time Inc. (UK) Ltd, Blue Fin Building,
110 Southwark Street, London SE1 0SU
Editorial tel 020-3148 6373
Advertising tel 020-3148 3668
Creative Solutions tel 020-3148 3649
Website nowmagazine.co.uk
Twitter twitter.com/NowMag
Facebook facebook.com/NowMag

CONTENT DIRECTOR Sally Eyden

Deputy Content Director & Digital Editor

Victoria Kennedy

Content Editor & Social Media Manager

Caroline Millington

Assistant Editor (News Content) Louise Bennett

Visual Content Director Kirsty Harlow 86404

Picture Content Editor Francesca D'Avanzo 86386

Chief Content Sub-Editor/Head Of Production

Sue Smith

NEWS & SHOWBIZ

Acting Assistant Editor (News Content)

Lydia Southern

Showbiz Content Editor Amy Brookbanks

Senior News & Showbiz Content Writer

Joshua Fox

Showbiz Content Writer Lucy Gornall

Videographer Dean Uzzell

FASHION & BEAUTY

Style Content Director Gilly Ferguson 86408

Junior Style Content Writer Sarah Bradbury

ART

Art Content Editor Ian Cave

Senior Content Designers

Juliet Boucher, Saffron Powell

PICTURES

Deputy Picture Content Editor Carol Hendry

Assistant Picture Content Editor Karen Eckert

Picture Desk Assistant Natalie Burton

SUB-EDITING

Senior Content Sub-Editors

Elaine Harries, Bridget Sedman

CONTRIBUTORS

News & Showbiz Amy Lo, Lucretia Munro,

Sarah Tetteh

Fashion & Beauty Hannah Eichler, Lydia Thompson

Art Amanda Prouten

Pictures John Gooch

Subbing Gemma Birss, Lyndsey Heffernan,

Colin Houlson

Legal Adviser David Burgess

ADVERTISING

Group Trading Director's PA Kate Faulkner 83670

Head Of Agency Sales Lindsay Dean 83668

Ad Manager Emma Lowe 83679

Display Sales Team Sasha Francis 83722

Emma Holloway 83658 Banbha O'Hagan 83655

Tanya Spero 8762 Rachel Stevens 83673

Susannah Sullivan 87625 Sheena Vaja 87619

Victoria Vastias 83666

Classified Head of Sales Romano Sidoli 82501

Classified Ad Manager Robina Shahid 82540

Inserts Ad Manager Zoe Freeman 83707

CREATIVE MEDIA

Creative Media Director Matt Downs 83681

Shoots Director Ginny Henry

Content Director Joanna Rahim

Projects Director Hannah Spice

Project Manager Claudia Parkinson

Head Of Creative Media Regional Catherine Cooper

PRODUCTION

Group Production Manager Sue Balch 85433

Production Manager Samantha Wackenier 85454

Ad Production Gary Knell 83694

Classified Ad Production Leigh Jasper 82506

MARKETING

Marketing Managers Justine Geldard & Nicola

Woods 86238 Marketing Assistant Fiona Logan

Syndication Efi Mandrides 85485

[for Time Inc (UK) Ltd syndication, visit

timeincukcontent.com/Syndication/]

PR Enquiries Anna Foster 85406

SUBSCRIPTIONS

Senior Subscriptions Marketing Manager

Nikki Phillips 86308

Subscriptions Acting Marketing Operations

Manager Ben Hogan 86300

CIRCULATION & DISTRIBUTION

Deputy Circulation Manager Sam Viggers 83466

Circulation Executive Emily Maskell 83320

PUBLISHING

Publishing Director Sandy Gale

Publisher Adrian Booker

Assistant Publisher Antonia Alonzo

Managing Director Fiona Dent

Time Inc. (UK) Ltd

ISSN 1365-6864



For information on work experience slots,

visit nowmagazine.co.uk/workexperience/

1991

NOW

Whatever happened to....?

Chesney Hawkes



In *Buddy's Song* with Roger Daltrey and Sharon Duce



His latest album *Real Life Love* is out now



With his wife Kristina

The One And Only!

Yes! Chesney shot to fame in 1991 with *The One And Only*, which was No 1 in the UK for five weeks and made the Top 10 in the US. But don't call him a one-hit wonder. 'It's been 24 years since I put that record out and I'm really proud of it and what it is now. It's a staple dancefloor filler up and down the country,' says Chesney, now 43.

He's not just a singer, though...

Chesney also starred in the 1991 film *Buddy's Song*, with The Who's Roger Daltrey playing his dad. Chesney went to the Cannes Film Festival in 1990 and hung out with Julia Roberts and George Clooney. 'That was crazy times,' Chesney recalls. 'I was bumping into every star of the time.'

Is he still making music?

He sure is! Chesney's latest album *Real Life Love* is available on his website chesneyhawkes.com. He's also getting ready to go on an acoustic tour of the UK in August – just him, a friend and a guitar. Since the height of his

fame he's written and worked on music for the likes of A1, Hear'Say and Tricky. He also writes music for TV and film.

So where is he now?

Ches moved his family – wife Kristina and their three children, Casey, 13, Jesse, 11, and Indiana, nine – to LA three years ago. 'My wife's American and we'd been talking about doing the move for ages because I was spending so much time travelling back and forth there for music projects,' he says. 'LA is a forward thinking town and the sunshine does make a difference. Every morning you get a spring in your step.'

Bet he's got a fair few celebrity mates in LA!

Chesney's life is very showbizzy. 'I was at a party with Helen Mirren recently,' he says. 'She's a legend.' He's also hung out with James Corden, describing him as his 'bezzie mate', and hopes to befriend footballer Steven Gerrard, who'll be playing for LA Galaxy. 'I need to get to know Steven so I can get tickets to Galaxy games!' says Ches.

Before appearing on this year's *Celebrity Masterchef*, Ches admits he wasn't blessed in the kitchen. 'I wasn't good at cooking – I was a complete beginner,' he says. But he's since developed some nifty culinary skills. 'My wife hasn't been in the kitchen since I started and it's been over for six weeks, so there's no reason for me to do it apart from that I love it,' he adds.



Ches shows off his culinary skills

If you want to hear about or have seen a once-famous celeb – or you *are* a once-famous celeb! – get in touch at **nowmagletters@timeinc.com**

LICENCE TO GRILL



Costcutter
Proud to be local



For more great offers and to find your local store visit Costcutter.co.uk. Offer valid 25/06/2015 to 15/07/2015.

Colman's Squeezy Chilli Garlic/Chilli Mango/BBQ Sauce, 250ml – Nando's Peri Peri Medium Sauce/Hot Sauce, PM £1.99, 125g; Independent Flavoured Loin Steaks/Sliced BBQ Flavoured Ribs/Rump Steak/Sirloin Steak, 400g/200g/170g; Independent Butchers Choice Sausages, Cumberland/Lincolnshire/Thick Pork, 454g; Independent Chicken Thighs PM £2/Chicken Drumsticks PM £2, 400g/430g. Offers available at participating stores only, excluding ROI, subject to availability. E & OE. N.B. Some

variants may not be available in some stores. We reserve the right to limit purchases of stock. Find your nearest store using the store locator on our website. Offers may exclude some smaller stores. Independent at Costcutter Supermarkets Group are working with KidsOut (Charity No.1075789) to raise over £100,000 to help provide 50,000 days out for disadvantaged children between 4th June & 31st December.

Overdone it
this summer?
Turn up the
hair
conditioning

Lazy summer days? Err, no.
Crazy summer days? You betcha.
Give summer hair the kiss of life with
Aussie Beach Mate Collection.
It's beached-out hair's
lifeguard in a bottle
(minus the 6-pack).



"There's more to life than hair but it's a good place to start."

DINKY
TRAVEL SIZE

